

MAGIC COOK BOOK

AND
HOUSEKEEPERS GUIDE



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ALL BAKING POWDER

LOOKS ALIKE—BUT

MAGIC BAKING POWDER

IS THE ONLY WELL
KNOWN MEDIUM PRICED
BAKING POWDER MADE
IN CANADA THAT

DOES NOT

CONTAIN ALUM



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The Magic Cook Book

A collection of selected recipes suitable for HOME cooking, also various useful hints to housekeepers.

If you already have a **MAGIC COOK BOOK**, kindly hand this copy to a friend.

This little Cook Book is respectfully dedicated to the housewives of Canada. The recipes have been selected with great care and all of them are suitable for everyday home cooking.

Use **MAGIC BAKING POWDER** and other lines of Gillett's Goods mentioned in recipes. **THEY NEVER FAIL.**

Magic Baking Powder

CONTAINS NO ALUM

The only well known medium priced Baking Powder made in Canada
THAT CONTAINS NO ALUM.

Complies with the law of Great Britain by
CONTAINING NO ALUM.

Anticipates the Pure Food law of Canada
by **CONTAINING NO ALUM.**

Safeguards the health of the family by
CONTAINING NO ALUM.

Is honest with consumers by
CONTAINING NO ALUM.

No other Manufacturer of medium priced Baking Powder can truthfully make these statements.

MAGIC BAKING POWDER

Nothing Is "Just As Good"

E. W. GILLETT COMPANY LIMITED.



Beware of Fake Baking Powder Tests

Do not be taken in by them. Tell the party who tries to mislead you that you know all about them.

WARNING.

Sometimes canvassers (male or female) representing some poor alum brand, endeavor to cause people to infer they are working in the interest of some Pure Food organization, and make demands they have no right to make. Pay no attention to these people and their claims. Their principal fake scheme is known as "The Glass Test."

In Bulletin No. 360, issued by Inland Revenue Department, Ottawa, the Chief Analyst, Mr. A. McGill, has the following to say in reference to Use of Albumen in Baking Powder:

ALBUMEN IN BAKING POWDER.

"The addition of albumen to a baking powder would evidently increase its value, provided that the amount of albumen added was at all considerable. As a matter of fact, albumen to the amount of about 15/100 of 1 per cent. of the weight of the powder has been found in some baking powders. It is inconceivable that such an addition can have any appreciable value, as rendering the article superior in baking. It is contended

that the true reason for this addition of albumen is found in the fact that, on adding water to such a powder, the increased viscosity causes a persistent froth to be formed, and thus furnishes the vendor with a means of demonstrating apparent superiority, in comparison with other powders, which do not contain albumen. Of course, such a use of the article is plainly for purposes of fraud; and several States of the American Union have forbidden the addition of albumen to baking powders, because of the fraudulent use of what is called the 'Cold Water Test' or 'Water Glass Test' and the fact that the amount of albumen is so small as to possess no tangible value. No intelligent buyer will permit himself to be deceived by the water glass test; and should actual deception be practiced, anyone has recourse under the common law."

(" THE SPICE MILL," N.Y.)

Unscrupulous manufacturers of baking powder, in order to sell their product, sometimes resort to the old game of what is known as "the glass test." In reality it is no test at all, but, in cases where the prospective buyer does not understand that the so-called "test" is a fake, pure and simple, the salesman is sometimes able to make him believe it shows conclusively that the so-called baking powder he is selling, and which of course contains egg albumen, is superior to other brands which do not contain this ingredient.

No tricks or schemes are needed to sell MAGIC BAKING POWDER. It is pure, wholesome and economical. It does NOT contain alum or any injurious material, or albumen. Read the label.

A VALUABLE SUGGESTION

A good rule to adopt and follow is to use more baking powder and fewer eggs. As a general thing an extra teaspoonful of Magic Baking Powder will take the place of an egg, and the saving effected will be considerable.

IMPORTANT.

When using recipes calling for baking powder, be careful to have liquid used for mixing (water or milk) **COLD** as possible, and keep dough in a cool place while waiting for oven.

CAKE.

BUCKWHEAT CAKES.

1 pt. buckwheat flour, $\frac{1}{2}$ cup cornmeal, $\frac{1}{2}$ cake Royal Yeast (or $\frac{1}{2}$ cup of yeast), 1 pt. warm water, 1 teaspoon salt, 1 tablespoon molasses. Beat the batter thoroughly, and place where it will rise over night (it should rise and fall again by morning) when 1 teaspoon of Magic Soda should be added then stir well and fry.

If the cakes are desired three times a week, fresh yeast will not be required after first making, if a little more than a pint of batter is reserved each time in a cool place, and used instead of the yeast. Always put molasses in buckwheat cakes. It helps to give them a good color in frying.

GRIDDLE CAKES.

In many New England homes the breakfast wheat cakes have always been served in the following way: The idea is simply in the serving. Fry on a greased griddle and make the cakes large—almost as large as a breakfast plate. Butter each as you take it, then slip into the oven to keep warm, adding a bit of salt, plenty of granulated sugar and a liberal sprinkling of nutmeg. Lay the next cake in place and do the same. Pile to the depth of about ten cakes and serve in wedges like a round layer cake or deep pie. Do not serve syrup. This method is not applicable for buckwheat griddle cakes but is delicious with wheat cakes.

2 cups lard make 1 pound.

POP OVERS.

2 eggs, 2 cups milk, 2 cups flour, a little salt. Put all in a bowl and beat together. Bake in iron gem pans.

JOHNNY CAKE.

1 cup milk, 1 cup flour, 1 cup cornmeal, 1 egg, $\frac{1}{4}$ cup sugar, $1\frac{1}{2}$ teaspoons Magic Baking Powder, a little salt, a piece of butter the size of a large egg.

HOE CAKE.

Pour boiling water over $1\frac{1}{2}$ cups cornmeal. A little salt and 1 tablespoon lard or butter. Cover over and let stand 2 hours, then add the yolks of 3 eggs beaten up with $\frac{1}{2}$ cup milk, 1 teaspoon Magic Baking Powder, lastly, the beaten whites of 3 eggs. Bake for $\frac{1}{2}$ hour.

SOFT GINGERBREAD.

Cream $\frac{1}{2}$ cup butter and lard mixed, with 1 cup sugar, 1 cup molasses, 1 cup sour milk, 1 teaspoon Magic Soda dissolved in a little boiling water, 2 teaspoons each of cinnamon and ginger, 1 teaspoon each of cloves and nutmeg, 3 cups flour. Not too hot an oven.

GINGERBREAD.

3 cups sifted flour, 1 cup sour milk, 1 cup brown sugar rolled, 1 cup baking molasses, $\frac{2}{3}$ cup butter, 2 eggs not beaten, 1 teaspoon Magic Soda, 2 teaspoons ginger, 1 teaspoon cinnamon, 1 teaspoon cloves, $\frac{1}{4}$ teaspoon grated nutmeg.

Put sugar, molasses, butter and spice in your mixing bowl, and set where it will be quite warm, while you sift the flour (then measure). Rub baking pan well with butter. Beat all together briskly and bake in a slow oven for about 40 minutes.

The secret of making dark "crackly" gingerbread, shiny on top, is to bear in mind that the shortening must be poured boiling hot on the molasses, and that the mixture must be beaten as little as possible. The flour should be mixed in with a few deft turns of the spoon.

GINGER SNAPS.

1 cup sugar, 1 cup molasses, 1 cup butter or lard, 1 teaspoon ginger, 1 egg, 1 teaspoon Magic Soda, $\frac{1}{2}$ cup warm water, salt, $5\frac{1}{2}$ cups flour. Roll out as soft as possible.

2 cups butter make 1 pound.

EAGLE CAKE.

1 cup brown sugar, $\frac{1}{2}$ cup butter, 1 cup sour milk, 1 egg, 1 teaspoon each of Magic Soda and cinnamon, $\frac{1}{4}$ teaspoon cloves, $\frac{1}{2}$ teaspoon nutmeg, 1 cup raisins, 2 cups flour.

SMALL LAYER CAKE.

1 cup sugar, $\frac{1}{3}$ cup butter, 2 eggs, $\frac{1}{2}$ cup of milk, $1\frac{1}{2}$ teaspoons Magic Baking Powder in $1\frac{1}{2}$ cups flour.

HERMITS (Cookies).

$1\frac{1}{2}$ cups sugar, 1 cup butter, 3 eggs, 1 large cup raisins stoned and chopped, 1 teaspoon allspice, cinnamon and nutmeg, 2 teaspoons Magic Baking Powder, 2 cups flour to roll out.

ANGEL CAKE.

The whites of 11 eggs, $1\frac{1}{2}$ tumblers sifted sugar, 1 tumbler sifted flour, 1 teaspoon vanilla, 1 teaspoon Gillett's Cream Tartar.

Sift flour and sugar three times. Beat eggs on a large platter. Add the sugar, then flour and Gillett's Cream Tartar, then vanilla. Bake 45 minutes in a slow oven, turn upside down to cool, and then turn out and ice, with 3 yolks and icing sugar. Use a pan that has not been greased.

SPANISH BUN.

$1\frac{1}{2}$ cups brown sugar, $\frac{3}{4}$ cup butter, 3 eggs, 1 cup milk, 2 cups flour, 3 teaspoons Magic Baking Powder, 1 tablespoon cinnamon, 1 teaspoon ginger, $\frac{1}{2}$ nutmeg. Plain icing.

XMAS CAKE.

2 lbs. butter, 2 lbs. sugar, 2 lbs. almonds, 5 lbs. currants, 6 lbs. raisins, 2 lbs. mixed peel, 3 lbs. flour, 24 eggs, 1 oz. cassia, 3 nutmegs, 1 tablespoon cloves, 1 teaspoon Magic Soda, 1 glass orange juice.

Cream butter and sugar, add eggs, one by one, beat with the hand. Put in the spices, then stir in the flour, with soda in the last handful, and the juice with a large spoon. Add the almonds and peel, currants and raisins.

4 cups of pastry or bread flour make 1 pound.

CARAMEL CAKE.

1 tablespoon butter, 1 cup sugar, 3 eggs, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, 2 teaspoons Magic Baking Powder.

Filling.

2 cups brown sugar, $\frac{2}{3}$ cup milk, boil 13 minutes, add butter the size of a small egg, 1 teaspoon vanilla. When done stir until thick enough to spread.

WEDDING CAKE.

Cream till very light, 1 lb. butter. Gradually add 1 lb. of sugar, and beat it well together. Separate the yolks and whites of 12 eggs. (If you can have two assistants at the work, it will hasten matters if one beats the yolks till thick and lemon colored, while the other whips the whites to a froth. It will do no harm if during the same time one continues the steady creaming of the butter and sugar). To this add the yolks of the eggs, then the whites. Add 1 lb. of flour, saving $\frac{1}{3}$ of a cup to dredge the fruit. Now put in 2 teaspoons cinnamon, $\frac{3}{4}$ teaspoon each nutmeg, allspice and mace, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{4}$ cup of brandy and 2 tablespoons lemon juice, 3 lbs. raisins seeded and cut in halves, 1 lb. currants, 1 lb. citron cut very fine, 1 lb. finely chopped figs. Dredge the raisins, figs and currants with flour, and add to the mixture. Butter and flour a large round pan. Put in a layer of the mixture. Dredge the citron with flour, and lay carefully over the batter. Cover with remainder of mixture. Lay the rest of citron on top. Cover the pan with a buttered paper, tying it down about the rim. Steam 3 hours. Bake $1\frac{1}{2}$ hours in a slow oven. Make a month or six weeks before required. Keep it tightly covered, and set away in a stone jar or tub.

WHITE WEDDING CAKE.

1 cup butter, 2 cups sugar, 1 cup milk, 3 cups flour, 1 teaspoon Magic Baking Powder, whites of 8 eggs, 1 lb. citron sliced thin, 1 lb. almonds blanched and chopped fine, 1 medium sized fresh cocoanut grated, 1 wine-glass white wine.

Cream butter and eggs thoroughly together. Add the milk, and Magic Baking Powder and flour sifted together three times. Stir well

$3\frac{3}{8}$ cups entire wheat make 1 pound.

together. Add the fruits and nuts, stirring only enough to mix. Last of all add the whites of eggs beaten stiff and the wine.

Fold in lightly and bake in a moderate oven. When cold, ice heavily with an icing made of confectioners' sugar and white of egg.

WHITE CAKE.

1 cup butter, 2 cups sugar, 1 cup milk, 3 cups flour, 3 teaspoons Magic Baking Powder, whites of 5 eggs.

CORN STARCH CAKE.

1 cup sugar, $\frac{1}{3}$ cup butter, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup corn starch, 1 cup flour, $1\frac{1}{2}$ teaspoons Magic Baking Powder.

Sift flour and corn starch together 2 or 3 times. Whites of 3 eggs beaten stiff. Flavoring. Rose is nice.

MARBLE CAKE.

Light.

1 cup white sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, 2 cups flour with 2 teaspoons Magic Baking Powder. Whites of 3 eggs.

Dark.

$\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup molasses, $\frac{1}{4}$ cup milk, $\frac{1}{2}$ nutmeg, 1 teaspoon cinnamon, $\frac{1}{2}$ allspice.

EXCELLENT CAKE.

2 cups brown sugar, 1 cup butter, 2 eggs, 1 cup sour milk, 1 teaspoon each of Magic Soda, mace, cloves, cinnamon, ginger, and a little salt in 4 cups flour, 1 cup each of raisins, currants, and citron.

OATMEAL MACAROONS.

1 tablespoon butter, 1 cup white sugar, 2 eggs, 2 cups rolled oats, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Magic Baking Powder, 1 teaspoon vanilla.

Rub together butter, sugar, rolled oats, salt and Magic Baking Powder, then drop in the eggs unbeaten. Add vanilla. Drop mixture about the size of a hazel nut in buttered pans and bake.

$4\frac{1}{2}$ cups graham flour make 1 pound.

BOSTON COOKIES.

1 cup butter, $1\frac{1}{2}$ cups sugar, 3 eggs, 1 teaspoon Magic Soda, dissolved in $1\frac{1}{2}$ tablespoons hot water, $3\frac{1}{4}$ cups flour, $\frac{1}{2}$ tablespoon salt, 1 teaspoon cinnamon, 1 cup chopped nuts, (either hickory or walnuts), $\frac{1}{2}$ cup currants, $\frac{1}{2}$ cup raisins (seeded and chopped).

Cream butter and sugar, gradually add egg well beaten. Add Magic Soda dissolved in water. $\frac{1}{2}$ of flour mixed and sifted with salt and cinnamon. Then add nuts and fruit and remaining flour. Drop spoonfuls an inch apart on a buttered paper in pan, and bake in a moderate oven.

DOUGHNUTS.

1 cup sugar, 2 eggs, 1 cup milk, 2 tablespoons melted lard, 1 teaspoon salt, 2 teaspoons Magic Baking Powder in flour to roll out. Fry in deep fat.

DOUGHNUTS.

1 cup sugar, 2 tablespoons melted butter, 3 eggs, $\frac{1}{2}$ cup sweet cream, $\frac{1}{2}$ cup milk, 4 small teaspoons Magic Baking Powder, $4\frac{1}{2}$ cups flour or enough to roll out.

PLAIN FRUIT CAKE.

2 cups brown sugar, 1 cup butter, 2 eggs, 1 cup sour milk; sift 1 teaspoon each of Magic Soda, mace, cloves, cinnamon, ginger, and a little salt, in 4 cups flour, 1 cup each of raisins, currants and citron.

CHEAP FRUIT CAKE.

2 cups sugar, 1 cup butter, 3 eggs, 1 cup sour cream, 1 teaspoon Magic Soda, 1 tablespoon ground cloves, 1 tablespoon cinnamon, $\frac{1}{2}$ of grated nutmeg, 2 cups raisins and citron. Flour to make stiff enough.

PLAIN LOAF CAKE.

1 cup of sugar, $\frac{1}{2}$ cup butter, 2 eggs, $\frac{1}{2}$ cup milk or water, 2 cups flour, 2 teaspoons Magic Baking Powder, and a little nutmeg.

$4\frac{1}{8}$ cups rye flour make 1 pound.

FRUIT CAKE.

$\frac{1}{2}$ lb. raisins, $\frac{3}{4}$ lb. currants, 2 cups sugar, 1 cup of butter, creamed together. 4 eggs, $\frac{1}{2}$ cup sweet milk, 3 cups flour, $\frac{1}{2}$ lb. citron, 1 teaspoon cinnamon, mace and nutmeg, 2 teaspoons Magic Baking Powder. Bake slowly about two hours.

SPONGE CAKE.

2 eggs, well beaten, $\frac{1}{2}$ tumbler sugar, 1 tumbler flour, $\frac{1}{2}$ tumbler cold water, 1 teaspoon Gillett's Cream Tartar, $\frac{1}{2}$ teaspoon Magic Soda. Flavor with extract of lemon.

SPONGE CAKE.

Separate 4 eggs; beat yolks thick; add cup of sugar; continue beating. Beat whites stiff; add to first mixture 1 teaspoon Magic Baking Powder and $\frac{1}{2}$ cup potato flour. Bake $\frac{1}{2}$ hour in moderate oven.

SPONGE CAKE.

4 eggs beaten separately, 1 cup flour, 1 cup sugar, 1 teaspoon Magic Baking Powder. Flavoring.

COOKIES.

1 cup sugar, $\frac{1}{2}$ cup butter, 1 egg, $\frac{1}{2}$ cup milk, 2 teaspoons Magic Baking Powder. Flour to roll out.

POUND CAKE. (Susie's).

1 lb. butter, 1 lb. sugar, 1 lb. flour, 10 eggs, beaten separately, $\frac{1}{2}$ lb. figs, or raisins or almonds. Bake $1\frac{1}{4}$ hours or so.

LAYER CAKE. (Susie's).

$\frac{1}{2}$ cup butter, 1 cup sugar, 3 eggs, $\frac{1}{2}$ cup milk, 2 cups flour, 3 teaspoons Magic Baking Powder.

CAKE MADE IN A HURRY.

2 cups flour, 1 egg, 1 cup white sugar, 1 cup milk or water, 2 teaspoons Gillett's Cream Tartar, 1 teaspoon Magic Soda, 2 tablespoons melted butter. Put all in a bowl together, and beat until light.

2 $\frac{2}{3}$ cups corn meal make 1 pound.

IMPORTANT.

When using recipes calling for baking powder, be careful to have liquid used for mixing (water or milk) **COLD** as possible, and keep dough in a cool place while waiting for oven.

GINGER COOKIES.

1 cup each, sugar, molasses and butter, (or lard), 1 teaspoon ginger, 1 egg, 1 teaspoon Magic Soda, $\frac{1}{2}$ cup warm water, salt, $5\frac{1}{2}$ cups flour. Roll soft as possible.

OATMEAL CAKES.

$1\frac{1}{2}$ cups oatmeal, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon Magic Soda, $\frac{1}{2}$ cup shortening (butter and lard), $\frac{1}{4}$ cup sugar. Water enough to mix. Roll very thin. Cut with biscuit cutter and bake.

CHOCOLATE CAKE.

1 cup sugar, $\frac{1}{3}$ cup butter, 2 eggs, $\frac{1}{2}$ cup sour milk, 1 teaspoon Magic Soda, 1 section chocolate, 1 large cup flour.

CHOCOLATE CAKE.

1 cup grated chocolate, $\frac{1}{2}$ cup sweet milk, $\frac{3}{4}$ cup brown sugar, yolk of 1 egg, 1 teaspoon vanilla. Cook slowly like a cream, cool, then add the following:— $\frac{1}{2}$ cup butter, 1 cup brown sugar, 2 eggs, $\frac{1}{2}$ cup milk, 2 cups flour, in which sift 1 teaspoon Magic Soda. Bake in a slow oven.

ROCK COOKIES.

4 cups flour measured and sifted, 2 teaspoons Magic Baking Powder, pinch of salt, $\frac{3}{4}$ cup lard and butter mixed, 1 cup granulated sugar, $\frac{1}{2}$ cup currants, milk enough to wet. Drop in dabs on buttered pans.

ONE EGG MUFFINS.

$1\frac{3}{4}$ cups flour, 3 teaspoons Magic Baking Powder, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ teaspoons sugar. Beat a small egg thoroughly. Add it gradually with $\frac{3}{4}$ cup of milk, to the dry ingredients, and beat hard. At the last moment add $1\frac{1}{2}$ tablespoons melted butter. Drop the batter into hot buttered iron gem pans, and bake in a hot oven 25 minutes.

$4\frac{3}{4}$ cups rolled oats make 1 pound.

SEED CAKE.

4 eggs beaten separately, 1 good sized cup of butter, 2 small cups of sugar. Beat the butter and sugar together, and add the well beaten yolks, then add 1 cup of milk, 3 cups of flour, 3 teaspoons caraway seeds, 3 teaspoons Magic Baking Powder, all mixed together, add the well beaten whites last of all. This will make two cakes.

WALNUT CAKE.

$\frac{1}{2}$ cup butter creamed, $1\frac{1}{2}$ cups sugar added gradually, $\frac{3}{4}$ cup milk, 2 cups flour, 1 teaspoon Magic Baking Powder, 1 cup walnuts chopped fine, whites of 4 eggs beaten stiff. Bake one hour in a moderate oven.

CHOCOLATE LOAF CAKE.

$\frac{1}{2}$ cup butter, 1 cup sugar, 2 eggs, $\frac{1}{2}$ cup milk, a little salt, 3 level teaspoons Magic Baking Powder in $1\frac{1}{2}$ cups flour. Lastly add two squares chocolate which have been melted in a little bowl over top of tea-kettle. Ice thickly with plain white caramel icing. Flavor both cake and icing with vanilla.

TEA CAKE.

$\frac{1}{2}$ cup butter, 3 cups flour, 3 eggs, 1 cup currants, $\frac{1}{2}$ cup sugar, 3 teaspoons Magic Baking Powder, $\frac{3}{4}$ cup milk. Bake in a long pan. Split and butter. (Cut into squares).

CREAM CAKE.

1 cup sugar, 3 dessertspoons melted butter, 3 eggs beaten light, 4 dessertspoons boiling water (last), 1 cup flour sifted twice, 2 teaspoons Magic Baking Powder.

Filling.

1 pint milk, 1 egg, piece of butter size of a walnut, 1 dessertspoon cornstarch, 1 teaspoon vanilla, $1\frac{1}{2}$ teaspoons sugar. Cook in double boiler until thick; cool and fill.

DATE COOKIES.

2 cups rolled oats, $2\frac{1}{2}$ cups flour, 1 cup brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup milk, 1 teaspoon Magic Baking Powder. Roll, bake, and put mixture between.

Mixture.

1 lb. dates, 1 cup brown sugar, 1 cup hot water, cook well, and put between cookies.

$4\frac{1}{2}$ cups oatmeal make 1 pound.

DATE CAKE.

Cream together 1 cup brown sugar, $\frac{1}{2}$ cup butter; 2 eggs, $\frac{1}{2}$ cup warm water, $1\frac{1}{2}$ cups flour, with 1 teaspoon Magic Soda in flour, 1 lb. chopped dates, $\frac{1}{2}$ cup English walnuts (chopped), 1 teaspoon vanilla.

1, 2, 3, 4 CAKE.

1 cup butter, 2 cups sugar, 3 cups flour, 4 eggs, 1 cup milk, 3 teaspoons Magic Baking Powder. This is a most useful cake as it can be varied in so many ways, at one time caraway seeds may be added, at another a cup of currants or raisins or some citron peel, or some melted chocolate.

MOCHA CAKE.

$\frac{1}{2}$ cup butter, 1 cup sugar, 3 eggs, $\frac{1}{2}$ cup milk, 1 teaspoon vanilla, 2 cups flour, 2 teaspoons Magic Baking Powder. Bake in shallow pan. The following day cut in narrow oblong pieces and cover all sides with icing. **Icing.**— $\frac{1}{2}$ cup butter creamed with 2 cups icing sugar, 1 tablespoon milk, vanilla. Roll in almonds blanched, browned and chopped.

PANCAKES.

1 cup flour, 1 teaspoon Magic Baking Powder, 1 egg, 1 cup of milk. A pancake should not be very thick, but perhaps it may require a little more flour. Fry in butter, in a hot frying pan.

MACAROONS.

Blanch and pound fine 1 pound of sweet almonds. Whip the whites of 7 eggs. Add 1 pound sugar. Mix well. Drop on buttered paper. Sift sugar over and bake quickly.

JUMBLES.

$1\frac{1}{2}$ cups brown sugar, $\frac{1}{2}$ cup butter, 3 eggs well beaten, 1 teaspoon vanilla, a pinch of salt, 1 teaspoon Magic Soda dissolved in a little warm water, 1 cup broken walnuts, 1 lb. dates, cut up; flour to stiffen.

CORN FRITTERS.

1 can of corn drained, 2 eggs, salt and pepper, $\frac{1}{2}$ teaspoon Magic Baking Powder, $\frac{1}{2}$ cup of flour, and milk to make thick batter. Fold in beaten whites last and drop by spoonful in deep fat, or fry in a pan.

$2\frac{1}{3}$ cups coffee make 1 pound.

CARAMEL ICING.

1 cup sugar and $\frac{1}{3}$ cup milk, boiled together until it hairs, add 1 teaspoon butter. Flavor and stir until thick enough to spread on cake.

RAISIN FILLING.

1 teacup sugar and a little water, boiled together until brittle when dropped into cold water. Remove from stove, and stir quickly into the well-beaten white of one egg. Add to this 1 cup of stoned raisins chopped fine, or dates, figs or nuts.

LEMON FILLING.

$\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ tablespoons flour, grated rind 1 lemon, 1 tablespoon lemon juice, 1 egg, 1 teaspoon butter. Mix sugar and flour; add grated rind, lemon juice and egg slightly beaten. Put butter in saucepan; when melted add mixture and stir constantly until boiling point is reached. Care must be taken that mixture does not adhere to bottom of saucepan; cool before spreading.

BANANA FILLING.

Chop 2 bananas with a little pulverized sugar and lemon juice.

ORANGE FROSTING.

1 lb. frosting sugar, juice of 1 lemon, juice and grated rind of an orange.

MAPLE MERINGUES.

Beat the whites of 4 eggs until stiff and dry and fold in 1 cup of powdered sugar. When very stiff, take a spoon and mix in $\frac{1}{2}$ cup of chopped and blanched almonds. Lightly tack strips of waxed paper on to a board about 1 inch in thickness. With a spoon drop the mixture on the paper, giving each portion an oval shape and dredge with granulated sugar. Set in a very slow oven to let the meringues dry out rather than bake. When baked lift from the paper with a spatula and cool. Press the under side of each meringue slightly in, forming a slight hollow and put together in pairs with a spoonful of maple whipped cream in the centre of each.

2 cups granulated sugar make 1 pound.

VANILLA WAFERS.

2 eggs, 1 cup sugar, $\frac{1}{2}$ cup shortening, 2 teaspoons vanilla, $\frac{1}{2}$ teaspoon salt, flour to roll out, 1 teaspoon Magic Baking Powder. Mix sugar, yolks of eggs (well beaten), and shortening melted. Add part of flour mixed and sifted with baking powder and salt, whites of eggs beaten stiff, vanilla and flour to roll out. Roll very thin, shape with small cutter and bake.

SPICE CAKE.

1 cup butter, 1 cup brown sugar, 1 pint flour, 2 teaspoons Magic Baking Powder, 1 teaspoon each of caraway and coriander seeds, 1 teaspoon each extract nutmeg, cinnamon, and ginger, 1 cup milk, sift flour, sugar and Magic Baking Powder together, rub in butter, add milk, seeds and extracts. Mix smooth into a batter, bake in patty tins for ten or twelve minutes.

IMPERIAL CAKE.

$\frac{3}{4}$ cup butter, $1\frac{1}{2}$ cups sugar, 3 egg yolks, $2\frac{1}{2}$ cups flour, 3 teaspoons Magic Baking Powder, $\frac{1}{4}$ cup milk, 2 cups seeded raisins, $1\frac{1}{2}$ cups currants, 1 cup citron, $\frac{1}{2}$ cup candied orange peel, $\frac{1}{4}$ cup brandy, 3 egg whites, $\frac{1}{2}$ teaspoon salt. Mix as batter cake, adding fruit last, bake in buttered and papered tins for one hour in moderate oven.

HOT WATER SPONGE CAKE.

3 egg yolks, 1 cup sugar, 1 cup flour, 1 tablespoon lemon juice, 1 teaspoon Magic Baking Powder, 2 teaspoons hot water, 3 egg whites, $\frac{1}{2}$ teaspoon salt.

Beat yolks until lemon-colored and thick, add sugar and continue beating, add flour mixed and sifted with baking powder and salt, add hot water and whites of eggs stiffly beaten, and lemon juice. Bake 40 minutes.

SILVER CAKE.

Whites of 6 eggs, 1 cup milk, 2 cups sugar, $\frac{2}{3}$ cup butter, 4 cups flour, $\frac{1}{4}$ teaspoon salt, 2 teaspoons Magic Baking Powder, 1 teaspoon almond extract. Cream butter and sugar and add alternately the milk and flour mixed with salt and Magic Baking Powder, then the extract, and stiffly beaten whites. Beat well, and bake in loaf pan in moderate oven.

$2\frac{2}{3}$ cups powdered sugar make 1 pound.

SHREWSBURY CAKE.

1 cup butter, 3 cups sugar, $1\frac{1}{2}$ pints flour, 3 eggs, 1 teaspoon Magic Baking Powder, 1 cup milk, 1 teaspoon rose flavoring.

Cream butter and sugar, add eggs one at a time, beating 5 minutes after each, add flour and Magic Baking Powder sifted. Bake 40 minutes.

LADY BALTIMORE.

For Lady Baltimore cakes, cream together one cup of butter and two cups of powdered sugar, and when very light and smooth work in a cup of fresh milk. Beat the whites of 6 eggs until stiff, then whip them gradually into the mixture, and when all these ingredients are well blended add 3 large cups of flour that have been sifted twice, with 2 level teaspoons of Magic Baking Powder. Stir just enough to mix well, add a teaspoon of rose-water, and pour into greased layer tins. Bake in an even oven. When cool, turn out and put together with a filling made by boiling 3 cups of granulated sugar with a gill of water until it threads. Take from the fire and pour, beating steadily, upon the English walnuts or pecan-nuts and 6 figs stiffened whites of 3 eggs. Beat until thick, adding as you do so 1 cup of seeded and chopped raisins, 1 cup of chopped nuts—cut into thin strips or into dice. Beat hard to mix thoroughly before spreading on the cake layers.

RECIPE FOR JOHNNY CAKE.

The following recipe for "Old Fashioned Johnny Cake" comes down to the present generation from an ancestry famous for superior cookery. The descendants live in Adams, N.Y., where there has been for over a century a rivalry between housewives to excel in the culinary art. "Johnny Cake" made after the recipe which follows cannot fail to please a most exacting palate and demonstrate the virtue of cornmeal, all the better if ground in old grist mills and bolted:

2 cups of sour milk, 2 tablespoons sour cream, 1 scant teaspoon Magic Soda, pinch of salt, 1 large cup sugar, 2 teacups of cornmeal, $\frac{1}{2}$ teacup wheat flour.

Mix in order named. Bake in quick, hot oven.

$3\frac{1}{2}$ cups confectioner's sugar make 1 pound.

BREAD AND ROLLS.

ALWAYS HAVE FLOUR WARM.

If directions are followed **Royal Yeast** will never fail to make the lightest, whitest and sweetest bread.

Can be used the same as any other Yeast, or follow **Directions**:—Soak a Royal Yeast Cake half an hour in a pint of warm (not hot) water. Stir in enough flour to make a batter. Cover and set in a warm place to rise; when light add salt, three pints of warm water (or scalded milk and water), $1\frac{1}{2}$ tablespoonfuls each of sugar and lard and flour enough to make a batter. Beat all briskly for fifteen minutes (**Beat**, not stir; set again in a warm place to rise (usually over night). When light add flour until it does not stick to the board; knead well; set in a warm place; when light mould into loaves and allow to rise again. Bake in a moderate oven from three-quarters to one hour.

Allow one pint of wetting to one loaf of bread. Use more wetting and flour if more bread is desired. In cold weather have the flour warm, and keep the sponge in a warm place while rising. A gentle even warmth is necessary to make good bread. **Don't let it get chilled.** Two or three boiled potatoes mashed finely and added to the sponge will improve the quality of the bread, and a little soda can always be used to advantage.

HOME MADE YEAST.

Use 1 pint of flour scalded with potato water, $\frac{1}{2}$ pint mashed potatoes, $\frac{1}{2}$ teaspoonful of salt, 2 teaspoonfuls granulated sugar. Stir this mixture well, and when cool add 1 cake of Royal Yeast, which previously must be dissolved in a half cup of luke warm water. Let above stand one day in heat to ferment; then keep in a warm place, and after fermentation allow to stand one day more before using.

To Make Bread with Above Liquid Yeast.

To make six to ten loaves of sweet, wholesome bread, use the above Yeast and one quart of water, with flour to make soft dough that can be handled without sticking to the hands or board.

$2\frac{3}{4}$ cups brown sugar make 1 pound.

In commencing bread in the morning it is important to have the flour warm. First add enough flour to the water to make pancake batter, salt to taste, then add the liquid Yeast, and stir thoroughly, and add more flour until dough does not feel sticky. Allow this dough to stand for two hours, then knead slightly and allow to stand from one to one and one-half hours, until light, then put in pans and leave for one hour, and then bake in a moderate oven an hour to an hour and a quarter. Care must be used to allow bread sufficient time to rise in pans before putting pans in the oven.

NOTE.—For double quantity use two cakes Royal Yeast, and other materials in proportion.

DIRECTIONS FOR USING ROYAL YEAST TO GET QUICK RESULTS.

Boil 8 large potatoes, mash in water boiled in, and while boiling, pour this over 4 tablespoons of flour, then add 4 tablespoons each of salt and granulated sugar. To this add 1 quart of boiling and 4 quarts of cold water. Dissolve 2 cakes of Royal Yeast in luke-warm water and mix with above. Let this mixture remain in a warm place about 18 hours, then remove to a cool place, and keep until required.

To Make Bread with Above in Three Hours.

Use 1 quart of above liquid for 2 ordinary sized loaves. Set on stove and stir with hand until about blood heat (98 degrees Fahrenheit). Add a tablespoon each of salt, brown sugar and butter, mix into a soft dough (having previously warmed the flour), let rise for thirty minutes, then knead, and when light enough again mould into loaves, put in a pan and allow to rise, and then bake in a moderate oven.

BREAD.

Mix 2 tablespoons sugar and 2 tablespoons of flour in a cup of water with chill off. Crumble up 1 Royal Yeast Cake in it, and put in a warm place. Pour 1 pint boiling water on 1 pint milk, add butter size of a walnut, set aside to cool. Then mix or stir in, 16 cups flour, and stir in 1 kitchen tablespoon even full of salt, after mixing in 3 cups flour. Then knead and put to rise.

2 cups chopped meat make 1 pound.

STEAMED CORN BREAD.

1 cup molasses, 2 cups sour milk, 2 cups cornmeal, 2 cups flour, 1 teaspoon salt, 2 teaspoons Magic Soda. Steam 2 hours.

BROWN BREAD.

1 cup each, corn, wheat and Graham flour, 1 cup molasses, 1 cup sweet milk, $\frac{1}{2}$ cup sour milk, 1 teaspoon Magic Soda, $\frac{1}{2}$ teaspoon salt. Pour in pail, place in kettle of cold water, and cook two hours after water commences to boil.

MUFFINS.

1 tablespoon of butter, 2 tablespoons sugar 2 eggs, stir all together, add 1 cup sweet milk, 3 teaspoons Magic Baking Powder, flour to make a stiff batter. Bake twenty minutes in a quick oven.

BISCUITS.

1 quart flour, a little salt, 2 heaping teaspoons of Magic Baking Powder, butter a little less than the size of an egg. Mix well together, and add enough sweet milk to make the biscuit. Do not roll out, but drop into hot buttered tins, bake in a hot oven.

WHITE MOUNTAIN ROLLS.

Sift 1 quart flour. Add 1 teaspoon salt and 2 scant tablespoons sugar. Sift all together. Boil $1\frac{1}{2}$ cups milk, and melt in it $\frac{1}{4}$ cup butter. When cool add it to the beaten white of 1 egg. Dissolve $\frac{1}{4}$ Royal Yeast Cake in $\frac{1}{3}$ cup cold water, and add to milk and egg. Stir in flour and knead well. Let rise over night. In morning make into rolls and leave for $\frac{1}{2}$ hour in a warm place.

GRAHAM GEMS.

3 cups graham flour, 1 cup of flour, 1 cup of sweet milk, 1 cup of sour milk, 2 heaping teaspoons Magic Baking Powder, 2 eggs, pinch of salt, shortening.

GRAHAM GEMS.

1 pint sour milk or buttermilk, 2 tablespoons sour cream, or a little butter, 1 teaspoon Magic Soda, 1 tablespoon sugar, and a little salt. Stiffen with graham flour, and bake in a gem pan. Or 1 egg, 1 cup sweet milk, $1\frac{1}{2}$ teaspoons Magic Baking Powder, a little melted butter, a little sugar and salt. Stiffen with graham flour, and bake in gem pans.

BRAN GEMS.

2 cups bran, 1 cup Graham flour, 1 egg, 1 tablespoon brown sugar, 1 tablespoon butter, 1 teaspoon salt, 1 cup buttermilk or sour milk, 1 teaspoon soda.

NUT BREAD.

2 cups flour, 2 cups Graham flour, 1 egg, 1 teaspoon salt, $1\frac{1}{2}$ cups milk, 4 teaspoons Magic Baking Powder, 1 cup molasses (or sugar), 1 cup English walnuts. Sift both flours into basin, add salt, nuts, baking powder, the egg well beaten, the molasses and milk. Mix well and turn into a buttered tin; let rise for 20 minutes.

NUT BREAD.

Dry Mixture.

1 cup sugar, 4 cups flour, 1 teaspoon salt, 4 teaspoons Magic Baking Powder, 1 cup walnuts (**broken**, not chopped).

For Wet Mixture.

2 cups milk, 1 egg. Mix dry ingredients together and stir in milk and egg. Put to rise in warm place for half an hour, then bake in a moderate oven for one hour.

BROWN NUT BREAD.

2 cups Graham flour, 1 cup white flour, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup black molasses, 2 cups milk, 1 cup chopped walnuts, 1 teaspoon salt, 1 teaspoon Magic Soda mixed in molasses until it foams. Bake in moderate oven about 1 hour.

BRAN BREAD.

3 cups cooking bran, 1 teaspoon Magic Baking Powder in 2 cups flour, 1 teaspoon Magic Soda in 2 cups of buttermilk, $\frac{1}{2}$ cup brown sugar, 1 teaspoon salt, 1 tablespoon black molasses. Bake in $1\frac{1}{2}$ hours in slow oven.

BRAN BREAD.

3 cups of bran (cooking), 2 cups flour, 1 tablespoon Magic Baking Powder, 2 cups buttermilk and 1 teaspoon Magic Soda, $\frac{1}{2}$ cup brown sugar, 1 teaspoon salt, 1 tablespoon molasses. Bake $1\frac{1}{2}$ hours in a slow oven.

2 cups raisins (packed) make 1 pound.

PUDDINGS.

MILLER'S PUDDING.

Weight of 2 eggs in butter, sugar and flour. Cream butter and sugar together, add beaten eggs and flour, $\frac{1}{4}$ teaspoon Magic Soda. Mix Magic Soda in 2 teaspoons milk. Add 2 tablespoons raspberry jam. Steam 2 hours. Grease mould, turn out to serve. Sprinkle with pulverized sugar. Serve with caramel sauce.

QUEEN OF PUDDINGS.

1 cup bread crumbs, 1 pint milk, $\frac{1}{2}$ cup sugar, yolks of 2 eggs, a small piece of butter, the rind of $\frac{1}{2}$ lemon and the juice. When baked, spread on top a layer of jam or jelly, then the beaten whites with two tablespoons sugar. Brown slightly in oven.

BLUEBERRY PUDDING. (Boiled).

Beat 2 eggs light, and stir into them 1 cup milk, and sifted flour enough to make a batter as thick as for pancakes. Put into the flour 3 teaspoons Magic Baking Powder. Butter a mould, and put a layer of the batter in the bottom, then a layer of berries, so on until the mould is $\frac{3}{4}$ full. Cover closely and boil 1 hour.

BLACKBERRY PUDDING. (Steamed).

Soak 2 cups stale bread crumbs in 2 cups milk. Add a little salt and 3 well beaten eggs, and $1\frac{1}{2}$ cups sifted flour, $\frac{1}{2}$ teaspoon Magic Baking Powder, $1\frac{1}{2}$ pints blackberries. Put in a buttered pudding dish and steam 2 hours. Serve with rich sauce.

COTTAGE PUDDING.

$\frac{1}{2}$ cup sugar, 1 tablespoon butter, 1 egg, $\frac{1}{4}$ cup milk, 1 teaspoon Magic Baking Powder in 1 cup flour. Beat well and bake, serve with caramel sauce.

APPLE PUDDING WITH RICE.

6 sour apples, 1 cup cold boiled rice, 1 pint milk, 1 cup sugar, the juice and rind of a lemon, yolks of 4 eggs.

Core and chop the apples, add the rice and milk, beat the lumps out, add other ingredients and bake. Beat the whites of the eggs with a little sugar. Spread on top and brown.

DELMONICO PUDDING.

1 quart milk, 4 eggs (leave out whites of 3), 3 tablespoons sugar, 4 tablespoons corn-starch and a little salt.

Put the milk in double kettle to scald, wet the starch in cold milk, beat the eggs and sugar, and stir all into the hot milk. When cold pour into dish, whip the 3 whites stiff, with 3 tablespoons sugar, and flavor with lemon or vanilla, and put on top.

SNOW PUDDING.

1 box gelatine, the juice of 4 lemons, 1 cup sugar, 2 cups boiling water and 1 cup cold water, $\frac{1}{2}$ cup sherry. Let cool and thicken, then beat in whites of 3 eggs. Serve with custard (boiled).

SNOW PUDDING.

1 tablespoon gelatine, $\frac{1}{4}$ cup cold water, 1 cup boiling water, 1 cup sugar, juice of 3 lemons, whites of 3 eggs. Soak gelatine in cold water; add boiling water; then sugar and lemon juice; whisk for a few minutes; add whites beaten stiff.

STEAMED CHOCOLATE PUDDING.

To the yolks of 3 eggs beaten light, add $\frac{1}{2}$ cup sugar and beat together. Add 3 tablespoons sweet milk and 1 ounce chocolate grated and melted. Mix thoroughly, and add 1 cup flour, and beat till smooth. Add the stiff beaten whites of the eggs, 1 teaspoon Magic Baking Powder in flour. Put large teaspoonful in buttered cups, and steam 30 minutes.

CHOCOLATE PUDDING. (Sarah's).

1 pint milk, 1 pint bread crumbs, yolks of 3 eggs, 5 tablespoons grated chocolate. Scald the milk, add bread crumbs and chocolate. Take from fire and add $\frac{1}{2}$ cup sugar and the beaten yolks. Bake in pudding dish 15 minutes. Make meringue of whites of eggs and 3 tablespoons sugar. Spread over pudding and brown. Serve cold with cream.

2 cups stale bread crumbs make 1 pound.

CHOCOLATE PUDDING.

1 quart milk, 1 cup sugar, $\frac{1}{2}$ cup chocolate, 1 whole egg and yolks of 3, 2 tablespoons cornstarch. Leave out 1 cup milk to mix the ingredients. Boil all until the milk begins to thicken, then pour into a pudding dish. Make a frosting of the whites, with enough sugar to stiffen. Flavor with vanilla. Pour over the pudding when cold, and set in the oven 3 minutes to brown.

CREAM RICE PUDDING.

1 cup rice, 1 cup cold water. Let boil until rice has absorbed water—about 7 minutes, then add 1 quart milk, pinch of salt, some grated lemon rind, and let boil slowly on back of stove for about 30 minutes.

RICE PUDDING.

Put a small cup of rice in a saucepan of boiling water, let it boil 10 minutes, then pour the water off, let the saucepan stand by the fire a little while, put a piece of butter size of a walnut in the rice, and mix through with a fork, then add a cup of new milk, and let simmer on fire $\frac{1}{2}$ hour, till the rice is soft. Beat 4 eggs with 2 teaspoons sugar, pour the rice in a bowl, and grate half a nutmeg over it. Mix well before putting in the eggs. Have pudding dish well buttered and after the eggs are well beaten in, pour in the dish and bake in a quick oven.

CARAMEL PUDDING.

$\frac{3}{4}$ cup white sugar, put in a pan and brown carefully and melt. Put in a shape, and ease it up the sides, then pour in 1 pint milk, in which has been added 3 beaten eggs and sugar to taste. Stand the mould in a basin of hot water and put in oven until set. Eat cold, turned out.

CARAMEL PUDDING No. 2.

3 tablespoons cornstarch, 1 pint milk scalded, brown 1 tablespoon butter and $1\frac{1}{2}$ cups brown sugar, when melted add to milk, add cornstarch, vanilla, add almonds if liked, put in delf mould.

2 tablespoons butter make 1 ounce.

BROWN BETTY PUDDING.

1 cup bread crumbs, 2 cups chopped apples (tart), $\frac{1}{2}$ cup sugar, 1 teaspoon cinnamon.

Butter a deep dish, and put in a layer of chopped apples. Sprinkle with sugar, a few bits of butter and the cinnamon. Cover with bread crumbs, then a layer of apples, and so on until all is used. Cover closely, and steam $\frac{3}{4}$ of an hour in a moderate oven, then uncover, and brown quickly. Serve with sugar and cream, or custard.

FIG PUDDING.

1 cup suet, $\frac{1}{2}$ lb. figs cut fine, 2 cups bread crumbs, 1 cup flour, 2 teaspoons Magic Baking Powder, $\frac{1}{2}$ cup brown sugar, 1 egg, 1 cup milk. Steam 3 hours.

FIG PUDDING.

Beat 2 eggs until light, add 1 cup milk and 2 cups flour, sifted, with $\frac{1}{4}$ teaspoon salt, and a rounded teaspoon Magic Baking Powder. Beat until smooth, add 3 tablespoons melted butter and $\frac{1}{2}$ lb. choice dried figs that have been washed in warm water, soaked over night in cold water, wiped and chopped fine. Mix well, pour into a buttered pudding dish and steam for 2 hours. Serve with hard sauce.

HARD TIMES PUDDING.

$\frac{1}{2}$ pint molasses, $\frac{1}{2}$ pint cold water, 1 tablespoon melted butter, 1 teaspoon Magic Soda, 1 teaspoon Gillett's Cream Tartar, add a little salt, some spice, 2 cups currants, some raisins, $1\frac{1}{2}$ cups flour. Make this all into a batter, and steam about 2 hours.

CABINET PUDDING.

3 oz. raisins (about a cup full), 3 sponge cakes (little patty pans, or 8 or 9 lady's fingers), 5 macaroons, 2 oz. ratafias, 2 oz. candied citron, 4 eggs, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ pint cream, 2 oz. sugar. Butter a mould well. Stick the raisins well over it. Then put in sponge cakes, cut in little slices, then macaroons, then citron peel, then pour over eggs, milk and sugar. Steam 1 hour.

4 tablespoons flour make 1 ounce.

LEMON PUDDING.

1 cup sugar, 4 eggs, 2 tablespoons cornstarch, 2 lemons, juice of both and rind of one, 1 pint milk, 1 tablespoon butter. Heat the milk to boiling, and stir in the cornstarch wet with a little water. Boil 5 minutes, stirring constantly. While hot mix in the butter, and set aside to cool. Beat yolks light, and add sugar, mixing thoroughly before putting in the lemon juice and grated rind. Beat this to a stiff cream, and add gradually to the rest.

Lemon Pudding Sauce.

Cream a piece of butter the size of an egg, with a cup and a half of sugar, add the juice of a lemon and one egg well beaten. Stir well, and add six or seven tablespoons of water, cool. Set over boiling water till creamy, but no longer.

GINGER PUDDING.

$\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup brown sugar, 4 eggs, 1 teaspoon ginger, 1 teaspoon Gillett's Cream Tartar, $\frac{1}{2}$ teaspoon Magic Soda, $\frac{1}{2}$ cup milk, $2\frac{1}{2}$ cups flour, and steam one hour.

SUET PUDDING.

1 cup suet chopped fine, 1 cup chopped raisins, 1 cup molasses, 1 cup sweet milk, 3 teaspoons Magic Baking Powder in 4 cups flour, spices to taste. Steam 3 hours.

SPONGE PUDDING.

1 cup sugar, $\frac{1}{2}$ cup butter, 2 eggs, 1 cup milk, 2 teaspoons Magic Baking Powder in 2 cups flour, a little flavoring. Steam $1\frac{1}{2}$ hours.

PRUNE PUDDING.

Soak 1 lb. prunes over night in 3 cups water, soak 1 pkg. gelatine in 1 cup water. In the morning remove the stones, return them to the water in which they were soaked, add $1\frac{1}{2}$ cups sugar, add to gelatine 1 cup boiling water and add to the prunes. Stew all for a moment, then add 1 glass sherry, juice of 1 lemon. Put in a mould. When cold turn out, cut blanched almonds in thin pieces, and stick all over it. Serve with whipped cream.

6 tablespoons baking powder make $\frac{1}{2}$ ounce.

PLUM PUDDING.

1 lb. raisins, 1 lb. currants, 1 lb. suet, $\frac{3}{4}$ lb. bread crumbs, $\frac{1}{4}$ lb. brown sugar, $\frac{1}{4}$ lb. flour, $\frac{1}{2}$ lb. mixed candied peel, $\frac{1}{2}$ pint. brandy, 6 eggs, $\frac{1}{2}$ teaspoon mace and cinnamon, 1 teaspoon ginger, $\frac{1}{2}$ grated nutmeg. Boil 6 hours, and steam 2 more at time of using.

ORANGE PUDDING.

Take 4 oranges and slice them, removing the seeds, then pour over this about 1 cup sugar, make a custard of $2\frac{1}{2}$ cups milk, 2 teaspoons cornstarch, and the yolks of 2 eggs. Pour this over the oranges. Beat up the whites with a little sugar, spread on top, and put in oven to brown. To be served when cold. Whipped cream is much nicer if you can get it to put on top.

INGOLDSBY XMAS PUDDING.

1 lb. bread crumbs, 1 lb. flour, 2 lbs. suet, 2 lbs. currants, 2 lbs. raisins, 1 lb. sugar, $\frac{1}{2}$ lb. candied peel, 2 lemon rinds, 1 nutmeg, $\frac{1}{2}$ oz. mixed spice, $\frac{1}{4}$ teaspoon salt, 16 eggs, 4 glasses of brandy.

The bread crumbs must be finely grated, the suet finely minced, and eggs well beaten. Then mix all the ingredients together thoroughly. Boil six hours in a floured cloth, and steam two hours at time of using.

A pinch of Magic Soda mixed with tomato before milk or cream is added prevents the milk from curdling.

With sour milk, or molasses, use Magic Soda instead of Magic Baking Powder.

Milk and butter should be kept in closely covered vessels, as they readily absorb flavor and odor from other articles.

To skim sauces, draw the saucepan to the side of the fire, throw in a teaspoon of cold water, and the grease will rise so that it can be easily taken off.

A teaspoon of Gillett's Perfumed Lye to one gallon of water will simplify dish washing very materially.

OTHER DESSERTS AND SAUCES.

CHEESE STRAWS.

1 pint grated cheese, $\frac{3}{4}$ pint flour, 2 tablespoons butter, a little salt. Mix with water, roll out and cut into strips about 5 inches long. Bake a light brown. Grate cheese well.

CHEESE STRAWS.

Sift 1 teaspoon of Magic Baking Powder with 1 cup flour, add a pinch of salt, and mix in 1 tablespoon of butter and 2 cups of grated cheese. Add enough water to roll out like pie crust; cut in strips and bake a light brown in a hot oven.

LEMON CHEESE.

Yolks of 4 eggs beaten, $\frac{1}{4}$ lb. butter, 6 oz. castor sugar, 2 lemons—juice and rind. Melt butter (not too hot) and pour over well beaten yolks; add sugar by degrees, then rind and juice. Cook in double boiler till thick. This is an excellent filling for cakes, tarts, etc.

CARAMEL CUSTARD.

Melt and brown very carefully $\frac{1}{4}$ cup sugar, add 1 pint scalded milk, beat 3 eggs slightly, add 1 small teaspoon vanilla and a pinch of salt. When sugar has melted in the hot milk, turn slowly over the beaten eggs. Strain and pour into buttered cups or a mould. Set in a pan of hot water, and bake until when tried with a knife it comes out clean. Serve with caramel sauce.

Caramel Sauce.

Brown $\frac{1}{2}$ cup sugar, add $\frac{1}{2}$ cup hot water, cook 10 minutes.

If after making cake mixture, with Magic Baking Powder, it is not convenient to bake at once, leave in bowl in which it has been mixed and set in COOL place, it may, if necessary, stand for several hours. Add 1 tablespoon cold milk or water, and beat lightly till batter is smooth—put in pans and bake.

16 tablespoons dry ingredient make 1 cup.

CUSTARD.

In cooking a baked custard, if the oven is not hot enough, or is in use for other cooking, the custard can be steamed by placing the mould in a saucepan of boiling water, and covering over with a tin. Try the custard by plunging a broad bladed knife in the centre, if it comes out dry it is done. Small tin cups can be buttered and filled with the mixture, and steamed in the same way.

CUSTARD SOUFFLE.

2 scant tablespoons butter, 2 tablespoons flour, 2 tablespoons sugar, 1 cup milk, 4 eggs. Let the milk come to a boil. Beat flour and butter together, add to boiling milk, and cover 8 minutes, stirring often. Beat the sugar and yolks of eggs together, add the other mixture and allow to cool. When cool add the whites of eggs beaten to a stiff froth. Pour into buttered dish. After baking 30 minutes, serve with sauce, at once.

COFFEE SOUFFLE.

1½ cups strong coffee, ½ cup milk, ¾ cup sugar, 3 eggs, 1 tablespoon powdered gelatine, 1 teaspoon vanilla. Heat coffee, milk, gelatine and half the sugar in double boiler; when hot, add the yolks of eggs (beaten) with the rest of sugar; stir for a few minutes and remove from fire; beat the whites stiff and mix with vanilla; fold all together and pour into wet mould; serve with whipped cream.

TAPIOCA CUSTARD.

Put in double boiler with 1 cup milk, 1 tablespoon tapioca soaked over night, cook till clear, beat yolk of 1 egg, ¼ cup sugar, a little salt, 1 tablespoon cocoanut and 1 tablespoon water, and stir into hot milk. Cook 4 minutes. Beat white of egg for top.

TAPIOCA CREAM.

Soak over night 2 tablespoons tapioca in ½ cup milk, or enough to cover. Bring 1 quart milk to boiling point. Beat well together the yolks of 3 eggs. Add ½ cup sugar and 1 teaspoon vanilla. Add the tapioca, and stir into the boiling milk. Let boil once and turn into dish, and immediately spread on the whites of the 3 eggs. Serve when cold.

4 teaspoons equal 1 tablespoon, liquid.

BAVARIAN CREAM.

1 can pineapple (shredded), 1 cup sugar, 1 pint cream, $\frac{1}{2}$ box gelatine. Pour juice of pineapple off and put half of it on gelatine and half on sugar. Put sugar on to boil until it gets like thick syrup. Dissolve the gelatine and juice in it, and set off to cool. Have the cream whipped stiff, and beat in the syrup, gelatine and pineapple. Put aside to cool in mould.

SPANISH CREAM.

To 2 quarts boiling milk, add 1 box gelatine previously soaked in $\frac{1}{2}$ cup cold milk. Then beat yolks of 8 eggs, together with 2 cups of sugar, and pour in the boiling milk and gelatine. Let it boil for a moment. Have the 8 whites beaten to a stiff froth, add your flavoring to the milk, and pour the whole into the whites. Stir around, and pour into moulds.

COFFEE CREAM.

1 $\frac{1}{2}$ cups thin cream, $\frac{1}{2}$ cup strong coffee (cold), $\frac{1}{2}$ box gelatine soaked in a little cold water, $\frac{1}{2}$ cup sugar. Place sugar, coffee, and gelatine over boiling water till dissolved, then add cream and pour into a mould.

TAPIOCA CREAM.

Take 3 tablespoons pearl tapioca, and soak over night in water. Boil 1 quart milk, and when it comes to a boil, stir in the tapioca, after pouring off the water, and let it cook about 20 minutes, then add the yolks of 3 eggs well beaten, $\frac{1}{2}$ cup sugar and a pinch of salt, and boil 2 minutes longer. Flavor with vanilla, and when cool add the whites of eggs beaten stiff with 2 tablespoons sugar. Put in a dish and brown in oven.

VELVET CREAM.

1 package gelatine soaked over night in 1 cup sherry. Put on with $\frac{3}{4}$ cup sugar to melt, then strain into 1 quart of new milk. Stir up, and put into glass dish. Eat cold with cream.

4 tablespoons equal 1 wineglass, or half a gill.

ORANGE TRIFLE.

2 tablespoons gelatine, $\frac{1}{4}$ cup cold water, $\frac{1}{2}$ cup boiling water, $1\frac{1}{4}$ cups sugar, $1\frac{1}{4}$ cups orange juice, $\frac{1}{4}$ cup lemon juice, grated rind of 1 orange, $\frac{1}{2}$ pt. whipped cream. Soak gelatine in cold water; dissolve in boiling water; add sugar, fruit juice and rind; whipped cream last. Pour into mould to cool. Serve with either whipped cream or cold custard.

BAKED APPLE DUMPLINGS.

Rub 2 tablespoons butter into a quart of flour, into which has been sifted a little salt and 2 small teaspoons Magic Baking Powder. Add enough milk to make a soft dough, turn upon a floured pastry board and roll into a sheet. Cut the sheet into squares and stand in each square an apple which has been peeled, cored and filled with sugar, a bit of butter and a pinch of cinnamon. Fold dough over, and bake in a buttered pan. Serve with hard sauce.

BANANA FRITTERS.

$1\frac{1}{2}$ cups flour, 2 teaspoons Magic Baking Powder, 1 cup sliced bananas, $\frac{1}{3}$ cup sugar, $\frac{1}{2}$ cup milk, pinch of salt. Stir well, then drop by spoonfuls into a hot pan containing good dripping.

TAPIOCA JELLY.

Soak $\frac{1}{2}$ cup tapioca in 2 cups water for 4 hours. Sweeten to taste. Cook about an hour over boiling water, stirring often. It should be clear. Add the juice of a lemon, and put in a mould. Serve with cream.

TOMATO JELLY.

Juice of 1 can tomatoes, 2 tablespoons vinegar, 1 box gelatine, pepper, salt and sugar to taste. Let it come to a boil, then put in mould. Soak gelatine in tomato juice. Graduate your gelatine by quantity of juice in can.

LEMON JELLY.

$1\frac{1}{2}$ pints sugar, 1 box Knox's gelatine, 3 lemons, 1 quart boiling water. Put a little jelly in mould, and put in some red cherries. Let it get stiff, then put in some more jelly and some other fruit.

1 tablespoon of soft butter, well rounded, equals 1 ounce.

APPLE SNOW.

2 eggs (whites only), 3 stewed apples, rubbed through sieve, cool, 1 cup powdered white sugar, gradually add apple and beat till white—the more you beat the better. Pile in dish and garnish with dots of jelly.

A NICE DESSERT.

Slice layer bananas, slice layer oranges, slice layer pineapple, pears, or any fruit you like, and a few walnuts, $\frac{1}{2}$ box gelatine soaked in $\frac{1}{2}$ pint of cold water half an hour. Then add $\frac{1}{2}$ pint boiling water. Squeeze a lemon, sweeten to taste, pour over fruit, and serve with cream or boiled custard.

SAUCE.

1 cup powdered sugar, $\frac{1}{2}$ cup creamed butter, add 1 teaspoon vanilla, and gradually 1 cup sweet milk. Set bowl in basin of hot water, and stir till sauce is creamy, no longer.

CARAMEL SAUCE.

3 heaping teaspoons sugar, 1 even teaspoon flour, a piece of butter the size of an egg. Brown well together, but do not burn. Add 1 cup boiling water, and when well dissolved and ready to serve, flavor with vanilla or brandy. The flour may be omitted, and after the sugar and butter are browned and the water added, thicken with a little cornstarch, or a cup of sweet cream may be used instead of water, and neither flour nor cornstarch.

FOAMING SAUCE.

1 cup butter, 2 cups sugar, whites of 2 eggs, $\frac{1}{4}$ cup boiling water and flavoring. Beat butter and sugar to a cream, add whites of eggs unbeaten. When all is smooth, add water. Set in a pan of hot water, and heat until smooth.

LEMON SAUCE.

Mix 1 teaspoon cornstarch with $\frac{1}{2}$ cup sugar, add 1 cup boiling water, $\frac{1}{2}$ grated rind and juice of a lemon. Cook 8 minutes. Just before serving add 1 teaspoon butter.

2 wineglasses equal 1 gill, or half a cup.

PUDDING SAUCE.

$\frac{1}{2}$ cup sugar, a little flour, teaspoon butter, brown a little of the sugar, then add rest of sugar mixed with the flour, then the butter.

PUDDING SAUCE.

1 cup sugar, $\frac{1}{2}$ cup butter, 1 egg, $\frac{1}{2}$ cup wine.

AMBROSIA.

Sliced oranges, white grapes cut in half and seeded, stoned dates, sprinkled with powdered sugar and shredded cocoanut.

CHARLOTTE RUSSE.

Set 1 pint sweet cream on ice, and whip to almost three times its bulk, add $\frac{1}{4}$ oz. gelatine which has been soaked in $\frac{1}{4}$ cup water, add to $\frac{1}{3}$ cup scalding cream, and beat with egg beater, adding $\frac{1}{3}$ cup powdered sugar and 1 teaspoon vanilla. Line a mould with lady fingers, fill with the cream, and set on ice to harden.

SPICED APPLES.

$\frac{1}{4}$ peck apples, 1 cup vinegar, $\frac{1}{2}$ cup water, 1 cup brown sugar, 3-inch piece stick cinnamon, 1 teaspoon whole cloves, 1 teaspoon whole allspice. Put the water, vinegar, sugar and spices on and boil 10 minutes; wash, pare and core apples; put in saucepan and pour the boiled vinegar over; put on and boil 5 minutes; remove cover and boil slowly until apples are tender; leave the spices among the apples.

SHAPE OF DATE.

1 lb. dates, boil 10 minutes (covered with water). Pour into a colander and allow cold water to run over them. Skin and stone. Make a syrup by boiling 1 small cup sugar in 2 cups water, into which put $\frac{1}{4}$ box gelatine, previously soaked in a little water. Add dates, boil up at once, and add $\frac{1}{2}$ cup of sherry. Line shape with blanched almonds, pour in dates, and when cold serve with whipped cream.

2 gills equal 1 coffee-cup, or 16 tablespoons.

STEAMED RICE.

Have a cupful of rice carefully looked over and well washed. Place it in a bowl containing a quart of cold water. Add $\frac{1}{2}$ teaspoon salt and steam for $1\frac{1}{2}$ hours.

SALTED ALMONDS.

Carefully crack the nuts, so the kernels can be taken out whole, then blanch the almonds by placing them in scalding water. Have ready a pan of fine salt and when the nuts are all blanched place the warm, wet kernels in the salt, then set the pan away until next morning. Next day remove the kernels from the salt, and put them in a clean pan. The salt which clings to them will soon drop off. Place the pan of nuts in oven to brown, and stand by, as they require constant attention. Stir often, and bake quickly to a light brown. When done pour them into a cold pan and let cool. Serve in any pretty, fancy dish.

LEMON SYRUP.

5 lbs. white sugar, 2 oz. tartaric acid, 2 teaspoons essence of lemon, 3 pints boiling water. Pour the water on the sugar, adding the acid and lemon, putting in more lemon if not strong enough. Strain through muslin, and bottle.

If after making cake mixture, with Magic Baking Powder, it is not convenient to bake at once, leave in bowl in which it has been mixed and set in COOL place, it may, if necessary, stand for several hours. Add 1 tablespoon cold milk or water, and beat lightly till batter is smooth—put in pans and bake.

Mixture for drop cakes, rock cookies, etc., may be treated the same way with excellent results.

PRESERVES AND JELLIES.

PRESERVED QUINCES.

Pare, quarter and core them, put quinces in the steamer while preparing syrup. Measure 1 lb. sugar to 1 lb. quinces. Add $2\frac{1}{2}$ cups water to each lb. sugar. Let sugar and water come to a boil, put in the quinces, and cook until red, then bottle.

CANNED PEARS.

Allow 1 pint water and $\frac{1}{4}$ lb. sugar to 1 quart fruit. While sugar is heating prepare and peel pears (whole), dropping each in a dish of cold water, lest the color should change. When the syrup comes to a fast boil, put in pears carefully and boil until tender. Have the bottles hot, pack with pears, cover with syrup.

CHIPPED PEARS.

8 lbs. fruit, 8 lbs. sugar, 3 lemons, rinds cut in thin bits, juice squeezed in, 2 oz. green ginger root, 1 pint water to dissolve sugar. Pare and slice pears like Saratoga chips, cook until clear and like preserves. (Break ginger root in small pieces and put in).

BRANDIED PEARS OR PEACHES.

4 lbs. fruit, 4 lbs. sugar, 1 pint best brandy. Make a syrup of sugar, with enough water to dissolve it. Let this come to a boil, put fruit in and boil 5 minutes. Having removed the fruit carefully, let the syrup boil 15 minutes longer, or until it thickens. Add the brandy, and take off the fire at once, pour the hot syrup over the fruit, and seal. If after the first fruit has been taken from the fire a reddish liquor oozes from it, drain this off before adding the clear syrup. Peaches and pears should be peeled before boiling.

QUINCE JELLY.

Pare and slice the quinces, and add a cup of water for every 5 lbs. fruit. Put peelings, cores and all into a stone crock, or, boil all in preserving kettle until soft, add a few apples, then proceed as with other jellies.

CRAB-APPLE JELLY.

Put the crab-apples in a preserving kettle, boil until soft, with enough water poured over them to almost cover them. Then put in a jelly bag and strain. Let stand over night. To every pint of juice add 1 lb. sugar. (Put sugar on flat dishes and put in oven to heat). Boil the juice 20 minutes, then add the hot sugar. Stir it fast, and let it just boil up once, then take off fire and put in glasses.

ORANGE MARMALADE.

7 bitter oranges, 12 sweet oranges, 6 lemons, 10 lbs. sugar, $6\frac{1}{2}$ pints hot water. Slice the fruit as fine and thin as possible, put in an earthen jar, pour on the water hot, let it stand 24 hours, then put it on to boil. Let it simmer 4 hours, or until tender, then add the sugar and cook until it jellies.

MARMALADE.

To 12 bitter oranges put 3 lemons and 1 pint water, and 1 lb. sugar to each orange. Let water stand on oranges over night, then boil 2 hours. Add sugar and lemons, and boil until it jellies.

RHUBARB MARMALADE.

Take equal quantities of rhubarb and pineapple. Slice the latter very thin and in small pieces, removing the core. Add half the quantity of sugar, and simmer slowly until tender. Peel the rhubarb, and cut in small pieces. Add equal quantities of sugar, and allow it to stand over night. Then boil the two together for 20 minutes.

RED CURRANT MARMALADE.

5 lbs. currants (stemmed), 5 lbs. sugar, $1\frac{1}{2}$ lbs. raisins (seeded and chopped), 3 large or 4 small oranges (sliced as for orange marmalade). Boil 20 minutes.

APPLE MARMALADE. (Very economical).

To each finely chopped orange rind add 1 pint water, 1 lb. white sugar, 1 pint chopped apple. Boil to jelly.

4 quarts equal 1 gallon.

TOMATO CONSERVE.

8 qts. ripe tomatoes, 8 lbs. granulated sugar, 6 lemons, $\frac{1}{2}$ lb. seeded raisins. Peel tomatoes and cut in pieces; cut lemons in pieces; put together and let come to boil, add sugar and raisins and cook until it jellies.

JELLIED TOMATOES.

2 cups strained tomatoes, 1 teaspoon finely cut onion, $\frac{1}{2}$ teaspoon salt, 2 teaspoons granulated gelatine, 1 teaspoon sugar, dash of white pepper, dash of paprika. Put the tomatoes and onions in saucepan; boil 10 minutes; add the seasoning and strain through fine strainer; soak gelatine in 1 tablespoon cold water; stir until dissolved; pour into small cups which have been rinsed with cold water; when firm, turn out on shredded lettuce; sprinkle with chopped parsley; serve with salad dressing.

MARROW JAM.

6 lbs. marrow cut in dice (not too small), 5 lbs. sugar, 3 lemons sliced. Cover marrow with sugar and lemon and let stand over night; next day, boil for 2 hours with 2 oz. ginger root, well bruised and tied in cheese cloth bag; when done, remove ginger.

MINCE MEAT.

MINCE MEAT. (Aunt Mary's).

6 lbs. of best apples, 3 lbs. raisins chopped, 3 lbs. suet, 3 lbs. powdered sugar, 4 lbs. currants, $\frac{1}{2}$ lb. candied peel, $\frac{1}{2}$ lb. blanched almonds, $\frac{1}{2}$ pint port wine, $\frac{1}{2}$ pint brandy, rinds and juice of 2 lemons, $\frac{1}{2}$ oz. each of mace and cinnamon, 1 teaspoon cloves, a little salt.

Save refuse grease and make soap of it with Gillett's Perfumed Lye, full directions on each package.

Break eggs one at a time into a saucer, so any can be rejected if necessary and the mixture will not be spoiled.

2 tablespoons equal 1 ounce, liquid.

CANDIES.

CHOCOLATE CARAMELS.

2 cups brown sugar, 1 cup molasses, 1 cup chocolate grated fine, 1 cup boiled milk, 1 tablespoon flour, butter the size of an egg. Let it boil slowly over 1 hour, and pour on flat tins to cool.

PEPPERMINT DROPS.

1 cup sugar (powdered is best), moisten with boiling water and boil 5 minutes. Take from the fire and add Gillett's Cream Tartar size of a pea, mix well and add 4 or 5 drops of oil of peppermint. Beat briskly until the fondant whitens, then drop on paper. Measure cream tartar and oil of peppermint while the sugar is boiling. It should not sugar before it is dropped, should it do so, add a little water.

TAFFY.

1 pint brown sugar, 1 cup boiling water, 1 tablespoon vinegar, 1 oz. of butter, flavoring. Boil 20 minutes, or until it will harden in water, then pour on buttered plates to cool.

NUT MOLASSES CANDY.

When you make this candy use the best molasses and any kind of nuts you may choose. Stir them in after the syrup has thickened and is ready to take from the fire, then pour out in well buttered tin. Make into squares, or work it if you choose. The more you do this the yellower it will be. If you use peanuts see that the red inner skin is removed, or it will give the candy a bitter taste.

FIG SWEETS.

1 cup sugar, $\frac{1}{2}$ cup water, $\frac{1}{4}$ teaspoon Gillett's Cream Tartar, do not stir while boiling. Boil to a beautiful yellow tint, then stir in the Cream Tartar just before you take it from the fire. Wash the figs, open them, lay carefully in a dish, and pour the candy over them, or, if preferred, the figs may be dipped in the candy.

1 tablespoon of salt equals 1 ounce.

PICKLES AND CATSUPS.

CHILI SAUCE.

Chop 12 large ripe tomatoes, 2 onions, 2 small red peppers, 4 tablespoons sugar, 2 tablespoons salt, 3 small cups vinegar, 3 sour apples, 1 teaspoon each of ginger, cinnamon, cloves, nutmeg. Boil 4 or 5 hours. Drain off part of liquor from tomatoes before boiling.

PICKLED ONIONS.

Take $\frac{1}{2}$ peck small onions, peel and put in about 1 cup salt. Pour over enough boiling water to cover the onions. Let stand one night, drain, and repeat the next night. Then cover with cold, sharp vinegar and spice, using whole spice. Let them stand a week before using.

PICKLE FOR PEARS OR PEACHES.

1 quart of vinegar, 3 lbs. brown sugar, $\frac{3}{4}$ oz. stick cinnamon, $\frac{3}{4}$ oz. whole cloves. Cook fruit until soft, a few pieces at a time, then put in crock and pour liquid over all. Keep tightly covered.

CUCUMBER SWEET PICKLES.

1 bushel ripe cucumbers, pare, take out seeds and cut in quarters lengthwise. Cover with alum water, allowing 1 dessertspoon of alum to each quart of water. Heat very slowly until nearly boiling, then let cool gradually. Take from alum water and cover with very cold water, ice water if possible. Make a syrup this way—to every pint of vinegar add 2 lbs. granulated sugar, 2 tablespoons each cloves and cinnamon tied in a bag. Let syrup boil 10 minutes; remove cucumbers from cold water to a crock and pour over the syrup. Re-heat the syrup three or four mornings successively and pour over cucumbers. Keep covered with a flannel cloth and plate or lid.

CAULIFLOWER PICKLE.

Take firm hearts, cut close to the stock. Lay in an earthen dish, and sprinkle through with salt. Let stand for three days, then steam nearly soft. Allow 1 pint vinegar, 4

16 ounces equal 1 pound, or a pint of liquid.

tablespoons mustard for each medium head of cauliflower. Heat vinegar scalding hot, mix mustard, a little cayenne pepper, and $\frac{1}{4}$ oz. turmeric with enough cold vinegar to make a smooth paste, add to scalding vinegar and let come to a boil, then pour over cauliflower. (Use four heads of cauliflower for this quantity.) (Thicken with a little cornstarch.)

TOMATO PICKLES. (Green).

$\frac{1}{2}$ peck green tomatoes, 6 ordinary sized onions, 3 green peppers. Slice and place them alternately with the sliced tomatoes in a deep dish, with a layer of salt between. Leave them all night. Next morning strain off water, then take 1 lb. white sugar and all sorts of spices, put in preserving kettle, and cover with vinegar. Boil until quite soft.

TOMATO CATSUP. (Red).

1 bushel tomatoes, cut up in small pieces, boil until soft, rub through a wire sieve, add 2 quarts best vinegar (cider), 1 pint salt, $\frac{1}{4}$ lb. whole cloves, $\frac{1}{4}$ lb. allspice, 1 tablespoon pepper, 1 red pepper (whole), 5 heads garlic. Mix together and boil until reduced to $\frac{1}{2}$ the quantity. When cold strain through a colander, and bottle, sealing the corks. It will keep 2 or 3 years.

FRENCH MUSTARD.

Slice an onion into a bowl, and cover with good vinegar. After two days pour off the vinegar. Add 1 teaspoon salt, 1 teaspoon sugar, 1 egg, and mustard enough to thicken. Set it on the stove, and stir until it boils. When cold it is fit for use.

GOVERNOR'S SAUCE.

Slice a peck of green tomatoes. Sprinkle salt over them (say about a cup), and let them stand one night. In the morning pour off the liquor and put them in a kettle, with vinegar enough to cover them. Add 6 green or red peppers (moderate size), 4 large onions chopped fine, 1 cup brown sugar, $\frac{1}{4}$ lb. mustard seed, 1 tablespoon cloves, 1 tablespoon allspice, 1 tablespoon white pepper. Let it simmer until soft, put into jars and keep air-tight.

An ordinary tumbler equals 1 coffee-cup or $\frac{1}{2}$ a pint.

PEPPER HASTE.

1 large head cabbage, 6 onions, 9 green peppers, 9 red peppers. Chop all rather fine. Stir in $\frac{1}{2}$ cup salt, and let stand over night. In morning drain well and add $\frac{3}{4}$ cup white mustard seed, 1 tablespoon celery seed, 1 quart white sugar, cover with white wine vinegar and stand on stove until sugar is melted, but **do not boil**. Seal well and keep in cool place. Although not cooked it will keep for years.

SPICED GRAPES.

Pick over wash and stem 5 lbs. tart grapes. Separate pulp from skins. Put pulp in porcelain-lined saucepan, heat to boiling and cook slowly until seeds separate from pulp, then rub through a sieve. Return to kettle with 4 lbs. granulated sugar, 2 tablespoons each cloves and cinnamon and a pint of vinegar. Cook slowly $\frac{1}{2}$ an hour after coming to boil, then pour into jelly glasses.

SALADS.**WALDORF SALAD.**

Diced apples, English walnuts, and celery with French dressing.

TOMATO SALAD.

Arrange red and yellow tomatoes (sliced) in a glass dish, pour over them cream salad dressing, and dust a little pepper on top.

CREAM SALAD DRESSING.

Rub the yolks of 2 eggs smooth with 1 teaspoon each of made mustard and salt, $\frac{1}{4}$ teaspoon each of pepper and sugar, 1 tablespoon melted butter and vinegar. Add $\frac{1}{2}$ cup sweet cream, and beat well with egg-beater.

BOILED SALAD DRESSING.

3 eggs, 1 cup cream or milk, 1 large teaspoon mustard, $\frac{1}{2}$ cup vinegar, 3 tablespoons white sugar. Put salt and pepper on salad. Cook in double kettle, until like thick cream.

EGGPLANT SALAD.

Put in the oven 1 eggplant, 5 green peppers and 2 tomatoes. Put the tomatoes to bake first, then the pepper, and last of all, the eggplant.

4 coffee-cups of sifted flour equal 1 pound.

plant. Skin, grain and drain the vegetables, crush, using all the time a silver knife and fork. Fry in $\frac{1}{2}$ cup of olive oil 2 tablespoons chopped onion. When slightly brown, add it with the oil to the salad. Add 2 tablespoons good vinegar. Salt and pepper to taste. To be eaten hot or cold.

BROILED EGGPLANT.

Cut the eggplant in 2 lengthwise. Leave it for 1 hour or more in a marinate composed of 2 tablespoons olive oil, 1 teaspoon salt, $\frac{1}{2}$ teaspoonful pepper and 1 teaspoon chopped shallot. Broil the eggplant and serve with the marinate.

EGG PLANT—FRIED AU GRATIN.

When you cut an eggplant in slices for frying or other purposes be sure to sprinkle it well with salt; let it stand for 2 hours under a heavy weight, then drain off the water and wipe the pieces. To make eggplant au gratin, cover either with white or tomato sauce, sprinkle with parmesan cheese and bake in a moderate oven from 15 to 25 minutes.

EGG PLANT—FRITTERS.

Cut the eggplant into pieces crosswise, soak for 2 hours in milk and fry in a batter composed of 1 cup flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ cup water, 2 eggs and 2 tablespoons olive oil. Prepare the batter also 2 hours in advance.

RUSSIAN DRESSING.

To 1 cup of mayonnaise, add $\frac{1}{2}$ cup of olive oil and 1 cup of chile sauce, and 1 tablespoon of sweet green pepper (finely chopped).

FRENCH DRESSING.

1 teaspoon sugar, $\frac{1}{2}$ teaspoon paprika, a dash of cayenne, a little salt; add the juice of half a lemon, 1 dessertspoon tarragon vinegar; then heat slowly in twice as much olive oil as you have liquid.

BOILED SALAD DRESSING.

$\frac{1}{4}$ tablespoon salt, 1 teaspoon mustard, $1\frac{1}{2}$ tablespoons sugar, few grains cayenne, $1\frac{1}{2}$ tablespoons flour, yolks 2 eggs, $1\frac{1}{2}$ tablespoons melted butter, $\frac{3}{4}$ cup milk, $\frac{1}{4}$ cup vinegar. Mix dry ingredients, add yolks of eggs slightly beaten, milk, butter and vinegar very slowly; cook over boiling water until mixture thickens; strain and cool.

1 quart of unsifted flour equals 1 pound.

POTATOES.

POTATO SOUFFLE.

Take 2 cups cold mashed potato and stir into it 2 tablespoons melted butter, beating to a white cream before adding anything else. Then put with this 2 eggs whipped very light and a teacup of cream or milk, salting to taste. Beat all well, pour into a deep dish, and bake in a quick oven until it is nicely browned. If properly mixed, it will come out of the oven puffy and delectable.

SWEET POTATOES AU GRATIN.

Parboil the potatoes, peel and slice while hot. Butter a deep dish well, put in a layer of potatoes, sprinkle with sugar, salt, pepper, and dot with butter, then a stratum of fine crumbs, season in the same way, leaving out the sugar. The uppermost layer should be of crumbs, and well buttered. Pour in 4 tablespoons of warm water to generate steam, cover closely, and bake $\frac{1}{2}$ an hour. Uncover and brown. This is an especially nice dish for a family dinner, and always liked by children.

SOUFFLE OF SWEET POTATOES.

Into 2 cups of boiled and mashed sweet potatoes beat 3 whipped eggs, a cup of milk, 2 tablespoons of melted butter, and seasoning to taste. Beat hard, and bake in a greased pudding dish.

SCALLOPED POTATOES.

Boil and mash the potatoes soft with a little milk. Beat up light with a little butter, a dessertspoon for every half pint of the potato, salt and pepper to taste. Fill some patty pans or buttered scallop shells with the mixture, and brown in an oven, after you have stamped a pattern on the top of each. Glaze while hot with butter, and serve in the shells. If you like, you may have grated cheese over the top.

8 or 10 ordinary sized eggs equal 1 pound.

ENTREES, ETC.

SAUCE FOR POACHED EGGS.

4 tablespoons Tomato Ketchup, 1 tablespoon Worcester Sauce, 1 tablespoon Harvey Sauce, 1 tablespoon Mushroom Sauce, $\frac{1}{2}$ pt. of cream. Mix ingredients thoroughly and heat to boiling point.

RICE CROQUETTES.

$\frac{1}{4}$ lb. rice cooked in 1 pint milk with 1 teaspoon salt. (Remove $\frac{3}{4}$ cup rice for muffins the next morning). To the remainder add 2 egg yolks well beaten. Mould into croquettes, dip in beaten egg (white) then in fine bread crumbs, and fry in deep fat.

MACARONI AND CHEESE.

Take 12 sticks of macaroni, $1\frac{1}{2}$ cups of thin white sauce, $\frac{1}{2}$ cup of stale bread crumbs, 1 cup grated cheese, 1 tablespoon of butter. Break the macaroni in 2-inch pieces and cook in boiling salted water until soft—about 20 minutes. Pour into a colander and run cold water through it. Put in a buttered pudding dish and thoroughly stir in 1 teaspoon mustard which has been mixed with water. Add the sauce with half the cheese in it. Put crumbs into melted butter. Add remaining cheese to them, and spread this mixture over that in the dish. Brown in a hot oven.

CHEESE OMELETTE.

Two yolks, a little pepper and salt stirred together. Add 2 tablespoons of cream, 1 oz. grated cheese, and then work in the 2 whites lightly. Put 1 oz. butter into an omelette pan; when warm, pour in the mixture, and keep pushing it up to one side with a spoon; when nearly thick put in the oven to brown.

CHICKEN SOUFFLE.

One pint cooked chicken finely chopped, 1 pint cream sauce, 1 teaspoon chopped parsley, salt and pepper, 4 eggs. Add chicken and seasoning to boiling sauce. Cook two minutes. Add yolks of eggs well beaten, and set away to cool. When ready to serve, add whites of eggs beaten stiff and bake for twenty minutes.

1 pint of granulated sugar equals 2 pound.

BEEF LOAF.

2 lbs. beef minced, 3 soda biscuits (rolled), 1 egg, lemon juice, salt, pepper and butter. Bake about 1 hour.

WELSH RAREBIT.

Melt 1 tablespoon of butter in a double boiler; add a few grains of salt, mustard and pepper; add 1 cup of cheese; when melted, add $\frac{1}{2}$ cup milk and 1 beaten egg. Stir constantly until the mixture thickens and is smooth. Serve at once on crisp wafers or dry toast.

YORKSHIRE PUDDING.

5 heaping tablespoons of flour, a little salt, 1 teaspoon Magic Baking Powder well mixed with the dry flour, 2 eggs well beaten, add to this a pint of milk. Have ready half a small cup of beef dripping in a pan, boiling hot, pour in the batter and bake $\frac{1}{2}$ an hour.

YORKSHIRE PUDDING No. 2.

$\frac{1}{2}$ pint milk, 2 eggs, 1 cup flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon Magic Baking Powder. Bake $\frac{1}{2}$ hour, and baste with gravy.

HORS D'OEUVRES.**ANCHOVY TOAST WITH WHITE SAUCE.**

Boil half a pint of new milk with a bay leaf and a laurel leaf. Beat 6 eggs, leaving out 2 of the whites. Take out the leaves and mix the eggs and milk together. Add a gill of thick fresh cream and stir over a gentle fire till it begins to thicken; let it stand to get cold, stir it frequently while cooking. Scald 10 anchovies, scrape them and remove the bones, pound the fish to a smooth paste. Cut 2 rounds of bread, without crust, off a small loaf 1 day old, toast it on both sides and well butter it with fresh butter, spread each piece of toast with anchovy paste, lay one on the other and cut them into 6 pieces, pour over the white sauce and serve. The bread to be half an inch thick.

CAVIARE ON TOAST.

Spread rounds or fingers of crisp toast with caviare, to which a little lemon juice and pepper has been added. Chop onion very fine and put a ring of it round the outer edge of the toast.

CREAMED SHRIMPS.

1 can shrimps, $\frac{1}{2}$ cup dried celery, $1\frac{1}{2}$ cups milk, $\frac{1}{2}$ cup celery liquor, 3 tablespoons flour, 3 tablespoons butter, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{2}$ teaspoon salt. Cook the celery till tender in water to cover, drain the shrimps, and freshen in cold water. Make a white sauce of the butter, flour, seasonings, milk and celery liquor. Add the celery cubes and shrimps and serve on buttered toast with a garnish or celery hearts.

CREAMED MUSHROOMS.

Peel 1 pound of large mushrooms. Drop them into water to which the juice of a lemon has been added. Into a 2 qt. chafing dish, place a large lump of butter. When this is melted, add the mushrooms (after draining off the water) in layers; add one Spanish onion cut in slices. Put on the cover and let them simmer until they draw their own juices. When soft enough for a fork to pierce easily, add $\frac{1}{2}$ cup of cream; salt and paprika to taste and just before serving, add the juice of $\frac{1}{2}$ a lemon. This lemon brings out the flavor of all the seasoning and mushrooms.

If after making cake mixture, with Magic Baking Powder, it is not convenient to bake at once, leave in bowl in which it has been mixed and set in COOL place, it may, if necessary, stand for several hours. Add 1 tablespoon cold milk or water, and beat lightly till batter is smooth—put in pans and bake.

Mixture for drop cakes, rock cookies, etc., may be treated the same way with excellent results.

SOUP.

STOCK.

6 lbs. shin of beef, or 6 lbs. knuckle of veal, any bones, trimmings of poultry, or fresh meat, $\frac{1}{4}$ lb. of lean bacon or ham, 2 oz. of butter, 2 large onions, each stuck with cloves, 1 turnip, 3 carrots, 1 head of celery, 2 oz. of salt, $\frac{1}{2}$ teaspoon of whole pepper, 1 large blade of mace, 1 bunch of savory herbs, except sage, 4 quarts and $\frac{1}{2}$ pint of cold water.

Cut up the meat and bacon, or ham, into pieces, about 3 inches square, break the bones into small pieces, rub butter on the bottom of stewpan, put in $\frac{1}{2}$ pint of water, and the broken bones, then meat and all other ingredients. Cover the stewpan, and place it on a sharp fire, occasionally stirring its contents. When the bottom of pan becomes covered with a pale, jelly-like substance, add the 4 quarts of cold water, and let simmer very gently for 5 or 6 hours. Do not let it boil quickly. When nearly cooked, throw a tablespoon of salt to assist the scum to rise, remove every particle of scum whilst it is boiling, and strain it through a fine hair sieve. When cool remove all grease. This stock will keep for many days in cold weather.

Stock is the basis of many of the soups afterwards mentioned, and this will be found quite strong enough for ordinary purposes. Keep it in small jars, in a cool place. It makes a good gravy for hashed meats, one tablespoon of it is sufficient to impart a fine flavor to a dish of macaroni, and various other dishes. Good soups of various kinds are made from it at short notice, slice off a portion of the jelly, add water, and whatever vegetables or thickening preferred. It is best to partly cook the vegetables before adding to the stock, as much boiling injures the flavoring of the soup. Season and boil a few moments and serve hot.

TO CLARIFY STOCK.

Place the stock in a clean saucepan and set it over a brisk fire. When boiling, add the white of one egg to each quart of stock, proceeding as follows: Beat up well the whites of the eggs in a little water, then add a little hot stock, beat to a froth, and pour gradually into the pot, then beat the whole hard and long, allow it to boil up once, and immediately remove and strain through a thin flannel cloth.

BROWN STOCK.

4 pounds shin of beef or other meat and bones, 4 carrots, 4 onions, 1 turnip, 1 small head of celery, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon peppercorns, 6 cloves, 5 pints cold water. Cut up the meat and bones, and place in the stock pot, pour over the water and skim when boiling. Prepare and add the vegetables. Cover closely and simmer 4 hours. The spices should be added with the vegetables.

WHITE STOCK.

White stock is used in the preparation of white soups, and is made by boiling 6 pounds of knuckle of veal, cut up in small pieces, poultry trimmings, and 4 slices of lean ham. Proceed according to directions given in "Stock" (page 41).

CREAM OF ASPARAGUS.

Clean a bundle of asparagus, cut off tips and boil in salted water until soft; boil the stocks 20 minutes in a quart of good stock, put 2 ounces butter in a stew pan with 2 ounces flour, mix smoothly, and pour in the hot stock, having previously pulped the asparagus through a sieve, add 1 pint milk, boil up and skim, put the tips in a tureen with a gill of cream, pour in the boiling soup, season with salt and pepper to taste, and serve.

POTATO SOUP.

1 carrot, 1 onion, 2 large potatoes chopped fine. Boil, and put through a colander, then add pepper and salt to taste, add a good sized piece of butter, and 1 quart of milk; let come to a boil and serve.

TOMATO SOUP.

1 tin tomatoes, 1 quart stock, 1 gill milk or cream, 1 ounce butter, 1 ounce flour, pepper and salt. Boil together the stock and tomatoes 15 minutes, then rub them through a sieve, melt the butter in a sauce-pan, stir in flour and strained stock, boil 2 minutes, allow the boil to go off, then add cream, and do not allow it to boil again or the cream will curdle.

CONSOMME.

4 pounds shin of beef, 4 pounds knuckle of veal, 4 quarts cold water, 2 ounces lean ham or bacon, 6 cloves, 6 peppercorns, bouquet of herbs, 1 tablespoon salt, 3 onions, 1 carrot, 1 turnip, 2 stalks of celery, 2 sprigs of parsley. 3 eggs, whites and shells; rind and juice of 1 lemon. Wipe and cut the meat and bones into small pieces. Put the marrow, bones, and part of the meat in the kettle, with 4 quarts cold water. Heat slowly, cut the onions and vegetables fine, and fry them in the ham fat or in drippings, then brown the remainder of the meat. Add onions, meat, herbs, spices and vegetables. Simmer until the meat is in rags; it will take about 7 hours. Strain, and when cold remove the fat and add the whites and shells of the eggs, lemon and salt and pepper if needed. When well mixed, heat it, and boil 10 minutes. Strain through fine strainer, and heat again to the boiling point before serving. Serve clear, or with wine or lemon. It should be of a light brown or straw color.

SCOTCH BROTH.

2 pounds of the scraggy part of a neck of mutton. Cut the meat from the bones, and cut off all the fat. Then cut meat into small pieces and put into soup pot with 1 large slice of turnip, 2 slices of carrot, 1 onion and a stalk of celery, all cut fine, $\frac{1}{2}$ cup barley and 3 pints cold water. Simmer gently 2 hours. On to the bones put 1 pint water, simmer 2 hours and strain on the soup. Cook a tablespoon of flour and 1 tablespoon of butter together until perfectly smooth, stir into the soup, and add a teaspoon of chopped parsley. Season with salt and pepper.

OYSTER SOUP.

Scald a quart, or 25 oysters in their own liquor. As soon as they are plump, or the gills curl, remove them (oysters harden if boiled). Add to the liquor a cupful of water. Make a roux of 1 tablespoon each of butter and flour, dilute it with the liquor, and when it is smooth add a cupful of scalded milk or cream. Season with pepper, salt, if necessary, and a dash of cayenne or paprica, then add the oysters, and as soon as they are heated serve at once. In oyster houses, finely shredded cabbage with a French dressing is served with oyster soup, and is a good accompaniment when served for luncheon. Oysters should be carefully examined, and the liquor passed through a fine sieve before being cooked, in order to remove any pieces of shell there may be in them.

RICE AND TOMATO SOUP.

To 2 quarts of pot liquor (water in which meat has been boiled), add 1 pint fresh or canned tomatoes and 1 cup boiled rice. Cook slowly $\frac{1}{2}$ an hour, season to taste.

PEA SOUP.

$\frac{1}{2}$ lb. pickled pork, 2 cups dried peas, previously soaked over night in cold water, 1 stalk celery, $\frac{1}{2}$ onion, 3 quarts water. Boil pork 1 hour before adding peas, then boil 1 hour longer before adding other ingredients.

GREEN PEA SOUP.

Boil one pint of peas and one large potato till soft. Mash through a colander, water and all, and add a small piece of butter, salt and pepper to taste, and enough milk to thin.

IMPORTANT.

When using recipes calling for baking powder, be careful to have liquid used for mixing (water or milk) **COLD** as possible, and keep dough in a cool place while waiting for oven.

Use Food Products that are Produced in
Clean Factories.

FISH.

BROILED FISH.

Broiling is assuredly the oldest method of cooking, and no new one surpasses it. The skin of small or thin fish serves to keep them in shape. Slices of halibut or salmon may be broiled whole, or the skin and bone removed and cut in fillets. Clean and split the fish. Rub a double broiler with suet, lay the fish, flesh side down, and set over the fire, turn until both sides are brown. When done take up carefully on a heated dish, sprinkle with salt and pepper, spread with butter and serve.

BAKED FISH.

Procure a fish of three or four pounds, season with one heaping tablespoon of salt, one teaspoon of pepper. Rub the seasoning well in and outside the fish; place the fish with 2 sliced onions on a large dish; sprinkle over the juice of 1 large lemon, cover and set aside for 1 hour. Then lay the fish in a baking-pan with 4 thin slices of pork under it, and 3 slices of pork on top. Pour 1 tablespoon of melted butter over it and bake 45 minutes. Serve in a hot dish garnished with lemons cut into quarters, and parsley. It can be baked without the onion or lemon, but these improve its flavor. If salt pork is not at hand, grease the pan thoroughly with lard and lay a sheet of clean brown paper, cut to the size of the pan without breaking it. Baked in this way it can easily be taken from the pan without breaking it at all, and the trouble of cleaning the pan afterwards, which is not a little when the baking is done in the usual manner, is entirely avoided.

BOILED FISH.

This is thought to be the most delicate of all, but on account of its slippery skin and gelatinous consistency, it is hard to boil it so that its appearance will gratify the eye. To attain the best results, several rules are to be remembered and observed. First, the fish must be weighed. Second, it must be carefully bound up in thin muslin; coarse cheesecloth is excellent for the purpose. Third, the kettle must be large enough to accommodate the fish easily, and the water must be well salted first, or the flakes will have a tendency

to separate. Fourth, the water must be at the boiling point, but not boiling when the fish is put in, and should be in sufficient quantity to cover it, but not in excess, or the flavor will be washed away. For a large fish, add 3 tablespoons of vinegar to the water. Fifth, keep the water boiling, and allow 6 minutes to each pound, and, if the fish is large, add 6 minutes to the computation; for instance, make the 36 minutes due a six-pounder, 42 minutes. Never stab a fish with a fork or skewer to find if it is done, but see that the water boils steadily and does not stop boiling for an instant. If the water boils turbulently, the kettle must be moved to a part of the stove where it can have a less fierce heat, as too much agitation of the water will cause the fish to crumble. A fish boiler is best to use. Serve with drawn butter and hard-boiled eggs sliced. Garnish also with parsley and sliced lemons. Some like tomato catsup poured over the fish, without the eggs and lemons.

CURRIED LOBSTER.

2 cups of lobster-dice, 2 cups of weak soup stock, 1 teaspoon of minced onion, and 2 teaspoons of curry powder, saltspoon salt. Fry the onion in the butter, add the salt, the stock, the curry, and cook gently for five minutes before putting in the lobster. Serve as soon as this is thoroughly heated. Serve plain boiled rice with this dish.

CODFISH IN CREAM.

Shred and soak half a cup of salted codfish over night. In the morning drain, place in a stew-pan, and cover with cold water; when it boils, drain, cover again with water and simmer gently for 15 minutes; add 1 cup rich milk. Rub 1 spoon of flour smooth in 1 spoonful of butter, and add to the codfish, mince 1 hard-boiled egg, stir in the mixture, add a pinch of pepper and a teaspoon of minced parsley. Boil up once.

DRESSING FOR FRIED FISH, OYSTERS OR CUTLETS.

Soda biscuits, seasoning, eggs. Roll biscuits (if a bottle is used for this it will be found to roll the biscuits as fine as flour), add seasoning, pepper and salt for fish and oysters; for cutlets, thyme, sweet marjoram and

summer savory, beat eggs, dip oysters or any fry in them, roll in seasoned cracker crumbs, and fry in butter or lard.

FRIED OYSTERS.

Drain and wipe fine large oysters, dip each first in the cracker, and arrange upon a large cold platter. Set upon ice for half an hour and fry in butter that has been gradually brought to a boil. Cook a few at a time, and if the crumbs come off in the fat, strain them out before the next instalment goes in.

LOBSTER CUTLET.

A dainty little dish is made from half a tin of lobster drained, the juice saved for panada of 1 ounce of butter, 1 ounce of flour, half a teaspoon of salt, a dash of pepper, preferably cayenne, 1 gill of lobster juice; if not enough juice add milk. Boil well, add 2 tablespoons cream and 1 of lemon juice, stir in lobster, chopped fine; beat all well together and cool. When set, divide in small portions, form cutlets; for bone stick in a small bit of macaroni; egg and biscuit-crumbs the cutlets and fry in butter. To be served in a circle around a centre of fried parsley.

OYSTER COCKTAILS.

Put 3 or 4 oysters in a small lemonade glass, mix cayenne, lemon-juice, and tomato sauce, also put a few drops of tobasco sauce (very little). Let all stand in glasses, on ice, for about 3 hours. Set glasses on small plates; serve with water cress around them.

CREAMED CODFISH (Salt).

Soak all night, changing the water several times and having the last bath quite hot. Boil tender in hot water with a tablespoon of vinegar. Take out the bones while hot, and let it cool before picking or shredding it into fine flakes. Heat a cupful of milk, stir into it a tablespoon of butter rolled in one of flour, cook until it thickens well, take from the fire and add 2 beaten eggs. When these are well mixed, add the shredded fish, and cook two minutes, stirring steadily. A tablespoon of minced parsley is an improvement, also a little lemon juice. Season with cayenne or paprika. Serve hot.

SALMON LOAF.

1 pound cold boiled salmon, or 1 can; $\frac{1}{2}$ cup rolled cracker crumbs, 3 tablespoons melted

butter, 3 eggs beaten stiff, salt and pepper to taste. Mix together and pack in mould, then steam 1 hour. To be eaten hot with either white sauce or tomato sauce.

FISH CROQUETTES.

1 cup cold boiled fish, $\frac{1}{2}$ cup boiled rice, salt and pepper to taste. Mix it all well together. Make croquettes, dip in egg and roll in bread crumbs and fry until brown. Garnish with parsley and slices of hard-boiled egg.

HOW TO WARM OVER COLD FRAGMENTS.

Slices of cold roast beef, if rare, may be broiled quickly and served with butter, salt, pepper, etc. If well done, warm up in a brown gravy. Have the gravy hot, and put the slices of meat into it. Don't let them cook, but warm through only, as long cooking in the gravy will make the meat tough. Then of the remaining scraps of meat, with a few vegetables, make a stew, with dumplings. The bones, finally, will make good soup stock for various soups. The fat may be tried out, clarified, used for drippings, and then finally for soap, so that no portion of the piece of roast beef has been thrown away, and all has been good.

BEEF CROQUETTES.

Chop fine $\frac{3}{4}$ of a pound cold roast beef, moisten $\frac{1}{4}$ pound stale bread with a little stock, season with salt and pepper and a few drops of onion juice, moisten with a little brown sauce, add yolks of 2 eggs beaten well, cool, roll in crumbs, egg and crumbs, and fry in hot fat. Serve with tomato sauce. Mix together the beef and bread crumbs. Add the seasoning, and enough of the brown sauce to moisten all.

Tomato Sauce.

Cook $\frac{1}{2}$ can tomatoes, 1 slice of onion, 1 bay leaf, and 1 sprig parsley together for 10 minutes. Strain, melt 1 tablespoon butter, add 1 tablespoon flour, pour on slowly the strained tomato, season with salt and pepper. Pour this around the croquettes just before they are brought to the table. This makes a delicious dish.

SCALLOPED MUTTON.

Remove fat and skin from cold roast mutton, cut the meat into small thin slices, season with salt and pepper. Butter a dish, put in a layer of meat, then cold boiled macaroni, moisten with tomato sauce, and so continue until all is used. Cover with buttered crumbs and brown in the oven.

If you haven't any cold macaroni, break up about 12 sticks (a quarter of a pound) into hot water, in which has been put a tablespoon salt. Let it cook for about 20 minutes. Stir it up once in a while, to keep it from burning on the dish. When it can be cut easily it is done.

Finish preparing the dish as by above rule. Serve as soon as done, or it will get dry.

SWEETBREADS.

Wash in cold water, remove pipes and membranes. Cook 20 minutes in boiling salted water, with one tablespoon lemon juice. Drain and put into cold water.

LARDED SWEETBREADS.

Lard and bake till brown, basting with brown stock. Serve with mushroom sauce.

CREAMED SWEETBREADS.

Break into small pieces, add white sauce and mushrooms cut fine; cook ten minutes and serve.

Sweetbreads should be put into cold water as soon as brought from the market, as they spoil quickly. The lemon juice or vinegar is added to harden the sweetbreads in cooking, as they, like fish, are composed mostly of albumen and may be hardened in this way. Fish is improved both in flavor and appearance, by the addition of vinegar or lemon juice to the water in which it is cooked, as it makes it solid and flakey for salad, etc. One tablespoon vinegar to four pounds of fish is a good proportion.

Sweetbreads must first be cooked as described above, whatever is done to them afterwards. They may then be broiled like a steak and buttered and seasoned, or cooked in a variety of ways, either plain or fancy. Two of the best methods are larding and creaming as given above.

RECIPES FOR INVALIDS.

OATMEAL GRUEL.

1 cup rolled oats, 3 cups boiling water, $\frac{1}{2}$ teaspoon salt. Add the salt to boiling water, sprinkle in the oatmeal, stirring constantly, cook 2 hours or more, strain, dilute with cream or milk.

SOFT CUSTARD.

8 yolks of eggs or 4 whole eggs, $\frac{1}{4}$ cup sugar, 1 qt. milk, 1 teaspoon vanilla. Beat eggs and add the sugar, scald the milk, add some hot milk to the eggs and sugar, pour into the remaining milk, cook over gentle heat, stirring all the time until it creams to the spoon, remove from the fire at once and cool, add the flavoring.

ORANGE ALBUMEN.

Juice of 2 oranges strained, white of 1 egg, $\frac{3}{4}$ cup water, 2 teaspoons sugar. Boil the water, add the sugar, cool, then add the white of egg which has been cut, to orange juice, add to the water, strain, serve cold.

BEEF BROTH.

(Made from shank beef bone broken, knuckle of veal or fore-quarter or beef from neck). Cut all the meat into small pieces, weigh and add 1 pt. of water to each pound. Allow it to stand from $\frac{1}{2}$ to 1 hour, simmer 6 hours or more, bring to boiling point and boil for $\frac{1}{2}$ hour, strain, set aside to cool. Remove fat before serving.

GRAIN FOODS.

In preparing any of the grain foods for a sick person, extra care should be taken that they are sufficiently well cooked, else the result may be hurtful. Of the laxative articles of diet, oatmeal is one of the most important. It stands before all other grains in point of nutrition. Rice is also a very valuable article of food in case of digestive derangement.

RICE MILK.

1 tablespoon rice, pinch salt, 1 teaspoon sugar, 1 cup milk. Simmer the rice, milk and salt till soft, then strain and sweeten. Serve either hot or cold.

SYRUP POSSET.

1 cup milk, 1 cup corn syrup. Boil the milk add the syrup, let it boil when the milk will curdle. Serve very hot, a little at a time. Or use half milk and half honey. Good for sore throat or hoarseness.

BEVERAGES FOR INVALIDS.

For beverages requiring sweetening, it is better to use a syrup than to use the sugar in its crystal state. Boil together for a few minutes, one cup of sugar and one cup of water. Keep this on hand in a covered jar for sweetening purposes.

LEMON SYRUP.

1 cup sugar, $\frac{1}{3}$ cup lemon juice, 1 pt. water. Make syrup by boiling sugar and water 12 minutes; add fruit juice, cool and dilute with cold water or hot water (whichever may be required) to suit the individual taste. Lemon syrup may be bottled and kept on hand to use as needed.

BRANDY COCOA.

1 tablespoon cocoa, 1 level tablespoon sugar, $1\frac{1}{2}$ cups milk, a few grains salt, $\frac{1}{4}$ cup boiling water, 1 teaspoon brandy. Scald the milk; mix cocoa, sugar and salt, adding enough boiling water to make a smooth paste; add remaining water and boil one minute; pour into scalded milk, add brandy and beat for two minutes, using a Dover egg-beater.

BRANDY EGG-NOG.

Beat the white of an egg to a stiff, dry froth; next beat in the yolk of the egg and a tablespoon of brandy; add $\frac{3}{4}$ cup of sweet milk and enough sugar-syrup to sweeten; if desired, add also a few gratings of nutmeg. Pour into a glass and serve at once.

MILK PUNCH.

Put into a bowl $1\frac{1}{2}$ cups of sweet milk, 2 tablespoons sugar and 2 tablespoons brandy. Stir well. Pour this mixture from one bowl to another to froth it. Hold the bowl high as you pour the liquid. When it is frothed, pour it into a tumbler and serve at once.

HOT MILK.

Hot milk is considered a good stimulant. It should be heated in a double boiler. It should not be allowed to boil but should just reach that point. Serve as hot as possible, the cup being heated before being used and the milk being covered with the inverted saucer while on its way to the sick-room. The patient should sip the milk as hot as possible.

WHEY.

This is made with sweet milk and an acid. It contains the sugar, salt and other saline principles necessary for digestion and the repair of the mineral part of the body.

WINE WHEY.

1 cup of new milk, $\frac{1}{2}$ cup of sherry wine, sugar to sweeten; place the milk in a small saucepan set in another of boiling water. When the milk boils, add the wine, stir well and leave in a mild heat until the curd and whey separate, then strain, sweeten and serve.

LEMON WHEY.

1 cup of milk, 2 tablespoons lemon juice, sugar. Method as above.

ORANGE WHEY.

2 cups milk, juice of 1 orange, sugar. Method as above.

ALBUMEN WATER.

Stir the white of an egg with a silver fork and add 1 glass of water which has been sweetened and flavored. Mix well.

FLAXSEED LEMONADE.

This is very soothing to patients suffering from colds. 1 qt. of boiling water, 4 tablespoons whole flaxseed, 2 lemons, sugar. Boil the flaxseed in the water for 3 hours, letting it steep slowly. Strain, sweeten to taste and add the juice of the lemons. If too thick, add a little water.

CURRENT WATER.

Stir 1 tablespoon of currant jelly into 1 glass of water. Sweeten slightly, if desired. When currant juice is obtainable, use 3 tablespoons of the juice and add enough water to dilute to the desired acidity. Acid drinks are most refreshing in fever.

HOT LEMONADE.

This should be drunk only just before retiring. It is excellent for colds but care should be taken to avoid exposure on the following day. 1 lemon, $\frac{3}{4}$ cup boiling water, sugar-syrup to taste. Squeeze the lemon juice into the water; add syrup; serve hot.

BROTHS AND SOUPS.

QUICKLY-MADE BEEF TEA.

$\frac{1}{2}$ lb. lean beef, 1 cup cold water. Remove all skin and fat from meat and put it through the food chopper. Let it soak in the water for 15 minutes, then simmer gently $\frac{3}{4}$ of an hour. Strain and remove all fat; add salt to taste.

BEEF TEA No. 2.

1 lb. lean beef, $\frac{1}{4}$ teaspoon salt, $1\frac{1}{2}$ pts. cold water. Remove the fat from the meat and shred it finely; let it soak in the water $\frac{1}{2}$ hour, then cover closely; set in a pan of boiling water and let cook 3 hours. Then strain and remove it.

MUTTON TEA.

2 lbs. scrag end neck of mutton, $2\frac{1}{2}$ pts. water (3 cups), 2 tablespoons pearl barley. Trim all the fat from the mutton, cut into chops, add barley and water and simmer very gently 2 hours; then strain. Remove all the fat when cold and season with salt. A small stick of celery may be used for flavoring if it is allowed.

MUTTON BROTH.

Prepare like mutton tea, with the addition of a small carrot, turnip, onion and a sprig of parsley.

BEEF TEA No. 3.

Place 1 lb. of finely chopped lean beef in a wide-mouthed bottle, or in a fruit jar. Add to it, $\frac{1}{2}$ pt. of cold water, and let it stand for 1 hour, then place the bottle on a cloth or trivet in a saucepan of cold water, place the pan on the fire, and heat the water slowly almost to the boiling point, but be careful not to let it boil. Cook in this way for 2 hours, then strain and season with salt to taste.

The thick sediment that falls to the bottom of beef tea after it has stood for a short time is the most nutritious part of the preparation, yet many serve only the clear and poorer part to the patient.

JELLIED SOUP.

Stiffen any clear soup with a little gelatine so that when chilled it will be sufficiently firm to hold the outline of a spoon. Serve two large tablespoons in a cup.

ICED CLEAR SOUP.

Many of the clear soups are delicious flavored with a little sherry, and served ice cold. Cold soups are always served in cups, never in soup plates.

MEATS FOR INVALIDS.

Of meats none is so juicy and appetizing as beefsteak from a proper cut, and properly cooked. Pork and veal should never be given in any form to sick persons. Beef can often be eaten by an invalid when no other variety of meat can even be tasted.

SCRAPED RAW BEEF SANDWICHES.

Scrape very fine 2 or 3 tablespoons of fresh, juicy raw beef, season it slightly with pepper and salt, spread it between 2 thin slices of lightly buttered bread, and cut for serving into little diamond shapes, $2\frac{1}{2}$ inches long and 1 inch wide. Arrange sandwiches on small plate and garnish with parsley.

GRILLED CHOP.

Take a nice loin chop about 1 inch thick. Trim off most of the fat, make the broiler hot and grease it with a piece of the fat, lay the chop on it, and broil over a clear bright fire, or next the gas; turn every 2 minutes; cook about 8 minutes. Serve at once on a hot plate with a little bread sauce or mashed potato. Garnish with a sprig of celery.

STEWED CHOP.

1 loin chop, 1 tablespoon butter, 4 tablespoons stock, $\frac{1}{4}$ tablespoon flour. Trim the chop. Heat the butter in a frying pan, when it smokes put in the chop and cook very quickly until it is brown on both sides. Lay it in a stew pan with the stock made hot, cover very closely and let simmer very gently one hour. Serve on a hot plate. Mix the flour with a little cold water, add the stock, season and let it boil up and pour over chop. Very great care must be taken to avoid letting the stew boil or the meat will be hard.

STEAMED CHOP.

Trim all the fat from the chop, place it in a dry fruit jar, cover very closely, set in a pan of boiling water and cook 1 hour. Sprinkle with salt and serve very hot. The jar should be set on a cloth or trivet.

BEEFSTEAK.

For the invalid beefsteak should be either broiled or pan-broiled. To broil, wipe steak with a cloth wrung out of cold water and trim off superfluous fat. With some of the fat, grease a wire broiler, place meat in broiler, having fat edge next to handle, and broil over a clear fire, turning every ten seconds for the first minute that surface may be well seared, thus preventing escape of juices. After the first minute, turn occasionally until well cooked on both sides. Steak cut 1 inch thick will take five minutes, if liked rare; six minutes if well done. Remove to hot platter, sprinkle with salt and dot with butter.

For pan-broiled steak use an ordinary frying pan; heat it, rub it over with a piece of fat and lay in the steak; turn every ten seconds for the first minute, then cook 3 minutes on each side. If any fat accumulates in the pan, it should be poured off.

EGGS FOR THE INVALID.

The eggs for an invalid should be never boiled. They should be "coddled." Bring water to the boiling point, remove it to the back of the stove, drop in the egg, cover it and allow it to stand for five minutes.

TOILET RECIPES.

GOOD FURNITURE POLISH.

$\frac{1}{2}$ pint of linseed oil, $\frac{1}{2}$ pint of vinegar, $\frac{1}{2}$ pint of turpentine, $\frac{1}{2}$ pint of spirits of wine, 1 ounce butter of antimony.

FOR SOFTENING HARD WATER.

Fill a coal-oil or vinegar barrel with water and add 3 or 4 teaspoons of Gillett's Perfumed Lye. Correct way is to prepare the water the day before washing day. By the use of this method it is always possible to have nice soft water that will not injure the finest goods, or do any damage to the hands. The Chinese Washing Fluid can be used in this water without risk of doing any damage.

CHINESE WASHING FLUID.

We recommend to the notice of house-keepers the following formula for making the above washing fluid, which will save labor, time, trouble, and the clothes as well. 1 can Gillett's Perfumed Lye, $\frac{1}{2}$ ounce muriate of ammonia, $\frac{1}{2}$ ounce salts of tartar, 1 ounce sulphate of soda.

Dissolve above in 3 gallons of water. For an ordinary washing use 1 teacupful of the solution to each tub of water, and soak the clothes therein over night, and next morning they will come out clean and beautiful without much rubbing.

The Chinese Washing Fluid will not injure the finest fabrics. Be careful to use Gillett's Lye as it is the best. Refuse all imitations and substitutes. We advise the use of soft water whenever obtainable.

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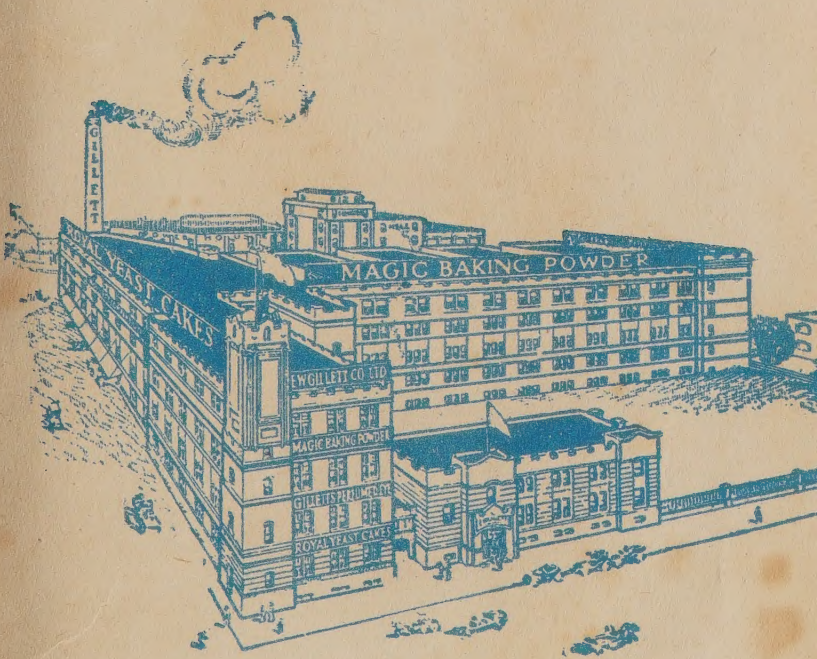
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